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Police arrest man in shooting

INVESTIGATION A 71-year-old male is in police custody following a shooting in the city's rural south end Sunday night.

At 8:49 p.m., police responded to a disturbance at a residence in the 7000 block of Rideau Valley Drive. A 49-year-old male was transported to the Ottawa Hospital Civic Campus with a non-life-threatening gunshot wound. The investigation is continuing.

TRACEY TONG/METRO OTTAWA

News on the Move

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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver. • Today — Controversy at Salt Lake Games leads to revised scoring system for figure skating, page 16



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OPP Det. Insp. Chris Nicholas, left, speaks at a press conference yesterday in Belleville, standing beside Belleville Police Chief Cory McMullan and OPP Deputy Commissioner Vince Hawkes. Police announced the charges against Col. Russell Williams, 46, of Tweed, Ont.

Colonel charged in murders

Trenton commander also faces home invasion, sex assault charges

The Canadian military was rocked to its core yesterday following the bombshell allegation that the colonel in command of the country's largest air force base had killed two women and sexually assaulted two others.

Col. Russell Williams, a 46-year-old career member of the Canadian Forces, was charged yesterday with first-degree murder in the deaths of Jessica Lloyd, 27, of Belleville, and Marie France Comeau, a 38-year-old corporal with CFB Trenton's 437 squadron who was killed last November.

"We're all shocked," said Lt. Annie Morin, a public af-

fairs officer at CFB Trenton.

"The wing commander has been a man that's been respected and very much liked, so this news came as a very big shock for pretty much everybody on the base."

Williams was an elite pilot, a "shining bright star" of the military who rose through the ranks during his 23-year career to fly the prime minister and Governor General across Canada and overseas in one of four



Marie France Comeau



Col. Russell Williams



Jessica Lloyd

Canadian Forces Challenger jets.

He is now also charged with sexual assault and forcible confinement in attacks on two other women in the region during home invasions last September.

Williams was appointed as the base commander of CFB Trenton last July.

Yesterday, military brass expressed their con-

lences to the families of the victims and shock at who police had named as the suspect.

Police first looked at Williams as a suspect after he was pulled over on an area highway during roadside checks Feb. 4.

The body of Lloyd, an administrator at a school bus company, was found early yesterday in Tweed, about 30 minutes north of Trenton, 11 days after she was last heard from by her friends.

Comeau, a corporal with CFB Trenton's 437 squadron, was found dead in her Brighton home on Nov. 25.

THE CANADIAN PRESS

Nortel top-up could cost \$100-200M

PENSIONS The Liberal government's move to top up Nortel pensions could cost taxpayers \$100 million to \$200 million, Finance Minister Dwight Duncan says.

As critics continued to deride the action as an attempt to buy votes in a coming byelection, Premier Dalton McGuinty defended his government's decision as the right thing to do for Nortel pensioners.

"I have tremendous amounts of confidence in voters to draw whatever conclusions they feel are fair and make the decisions accordingly," McGuinty said. "I think we owe it to Nortel pensioners to let them know exactly where we stand."

Nortel pensioners had lobbied the government unsuccessfully for months for pension protection. On Sunday, Duncan promised the province will pay into the Pension Benefits Guarantee Fund so pensioners can each receive up to \$1,000 a month. But Nortel must pull out of creditor protection for payouts to occur.

The Nortel campus is located in the riding of Ottawa West-Nepean, which former Liberal MPP Jim Watson has vacated so he can run for mayor. The Nortel announcement comes a week after a byelection was called in the riding for March 4.

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Local



Pair charged with animal cruelty

The Ottawa Humane Society has charged two city men with animal cruelty after a three-month-old husky, pictured at left, was thrown against a table in early January. The puppy suffered a fracture to its shoulder, severe nerve damage and faces possible amputation of her front right leg. On Jan. 28, OHS inspectors charged two men for failing to provide adequate and appropriate medical attention to the dog. Amr El Bardawil and Hamoun Mahabadi, both 19, are expected to make their first court appearances on Feb. 18. METRO OTTAWA

Councillor seeks review of Lansdowne sale offer

PARK By asking the National Capital Commission to purchase Lansdowne Park, Capital Ward Coun. Clive Doucet may have illegally tried to sell a property he didn't own, one east-end councillor alleged yesterday.

Innes Ward Coun. Rainer Bloess asked the city's legal department to review a letter that Doucet sent to NCC CEO Marie Lemay, asking the Crown corporation to examine acquiring the city-owned park and halt the Lansdowne Live proposal.

Bloess said the suggestion to sell the park to the NCC for \$20 million is so ridiculous that it couldn't go unchallenged.

"It makes us all look silly, and at some point you have to call him out on those silly stunts," said Bloess.

Any sale offer would require approval from council. Doucet said the letter is a request from a private citizen and not an offer to sell on behalf of the city.

Implying that he was acting on behalf of the city is malicious and Doucet is insisting Bloess apologize at the next council meeting.

"His motivation is to get me annoyed and lose my normal Zen calm, which he achieved," said Doucet.

TIM WIECLAWSKI/METRO OTTAWA

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Valentine From Korea with love



Greg Kerr, parliamentary secretary to the minister of Veterans Affairs, right, gives a valentine to Perley and Rideau Veterans' Health Centre resident Orville McEvoy yesterday. McEvoy, a Second World War veteran, was one of hundreds of local veterans who received valentines from Korean schoolchildren through the Valentines for Vets program.

Townhome construction surges

HOUSING More affordable than single-detached homes, townhome construction doubled in Ottawa last month, reaching a four-year high.

This trend confirms the strong presence of first-time homebuyers in Ottawa's market, according to data released by the Canada Mortgage and Housing Corp. yesterday.

Even with townhome construction surging ahead, total housing starts in the Ottawa Census Metropolitan Area numbered 371 units in January, down 10 per cent from 2009.

The overall decline in housing starts was mostly

due to a strong showing in the apartment sector. Aside from this, activity among all other housing types was boosted by strong levels of homeownership demand and posted close to record growth for the month.

Single-detached home starts also reached an eight-year high for the month.

This "reflects the strength and health of housing demand in Ottawa," said CMHC senior market analyst Sandra Pérez Torres.

The biggest single-detached starts were observed in Kanata, where builders broke ground on 39 new homes last month.

TRACEY TONG/METRO OTTAWA

Firm pulls out of study

Delcan withdraws from Lansdowne analysis to avoid conflict of interest

To avoid the perception of a conflict of interest, engineering consulting firm Delcan has withdrawn from a transportation impact study for the Lansdowne Partnership Plan.

City staff had recommended that engineering consultants Delcan and McCormick Rankin conduct the study together.

Since the city has standing offers with both firms and both are very well acquainted with Ottawa, this would have been the most economical and efficient option.

Since the Ottawa Sports and Entertainment Group hired Delcan to work with the city to develop a transportation strategy for the redevelopment proposal, there were concerns the firm would be in a conflict of interest if asked to conduct a transportation impact analysis of the project.

"It's nothing to do with us. It's just the circumstance."

Ron Jack,
Delcan vice-president

After nearly a dozen public delegations expressed that concern to a joint meeting of the transit and transportation committees, yesterday, Delcan vice-president Ron Jack withdrew the firm's services.

"We just felt that everyone would have more comfort, from an optics perspective, if we weren't involved," said Jack. "It's nothing to do with us. It's just the circumstance. Let's just remove that circumstance and allow this to move forward as smoothly as it can."

City manager Kent Kirkpatrick will be choosing another firm to conduct the study.

TIM WIECLAWSKI/
METRO OTTAWA

News in brief

ROBBERY Police are seeking an English-speaking male in his mid-20s after a Quickie store was robbed Sunday night. At 9 p.m., a man wearing a mask and armed with a knife entered the store at 119 Mann Ave. The suspect approached the store clerk, demanded money and fled on foot with cigarettes.

CHARGES Ottawa police laid 258 charges for tailgating and stop sign running last month. The Selective Traffic Enforcement Program issued 46 tickets to

drivers following the vehicle ahead too closely and 212 charges through the stop sign running initiative.

COUNCILLOR When this term of city council comes to an end, it will also be the end of Kanata-South Coun. Peggy Feltmate's career as an elected official. Her decision not to run for a third term was made last summer, said Feltmate, who wants to spend more time with her grandson and her aging mother.

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Justice Robert Maranger told a hearing in Ottawa that he wants to see a date set soon in the extradition hearing of Hassan Diab, 56, a professor accused of bombing a Paris synagogue. The French government wants Diab to stand trial in France. **THE CANADIAN PRESS**

Canada



Banned from Tim's

A man says he's been banned from two Tim Hortons outlets in St. Andrews, N.B., because of his complaints about the decaf, but the company says it made the decision after he became aggressive with staff. Jimmy Craig says he voiced his displeasure on several occasions over the last two years about "burnt" decaffeinated coffee, but says he was always polite. **THE CANADIAN PRESS**



Prime Minister Stephen Harper, left, and Environment Minister Jim Prentice host a roundtable discussion with oil and gas executives in Calgary yesterday.

Energy tops for PM

Harper in Calgary to address businesses

Energy and economic recovery topped the agenda when Prime Minister Stephen Harper met with Calgary business leaders yesterday ahead of the federal budget.

Harper projected optimism in a short statement he made for reporters before closing the doors on the meeting.

"We had some good news last week on the jobs front. We had a little bit of good news on the Buy America front. Commodity prices are obviously a lot better than they were a year ago," he said.

"That all said, we think we still have some significant challenges going forward, given the fragile state of the global recovery."

Cal Nichols, chairman of the Alberta Enterprise Group, said after the meet-

PMO warns aids not to interfere

Access to information

- The Prime Minister's Office says political aides should not interfere with the decisions public servants make when deciding what documents to release under access to information laws.

- Spokesman Dimitri Soudas would not comment directly on a case in which a top political aide to the Public Works minister overruled bureaucrats and forbid the release of a sensitive report to The

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Canadian Press.

- He declined to say whether there would be repercussions for the aide to Christian Paradis, who was transferred with his minister to Natural Resources last month.

ing that leaders talked about how long stimulus funds should continue.

"It's strictly business, has to work within the budget, and I guess there will come a point when there's limited funds, but I think the programs that are in place

and those that are planned will continue to go forward."

Doug Mitchell, co-chairman of law firm Borden Ladner Gervais, said specific requests for the upcoming budget were not discussed. **THE CANADIAN PRESS**

Plan could save money, and lives

HEALTH A national plan to promote healthier living and reduce heart disease and strokes could save the country \$76 billion between now and 2020 — if it meets just some of its targets — a new report says.

The Conference Board of Canada analyzed the potential savings of a heart health plan put together last year by a coalition of groups, including the Heart and Stroke Foundation of Canada.

The strategy promotes healthier living — less smoking, more exercise, better diet — to reduce some of the underlying causes of stroke and heart disease, including obesity and diabetes.

Supporters of the plan hope the March 4 federal budget will include financ-

Heart disease

\$20.9B Total annual cost of cardiovascular diseases in 2005.

\$28.3B Forecast total annual cost of cardiovascular diseases in 2020.

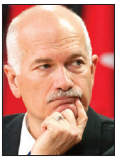
ing to make it a reality.

Louis Theriault, author of the report, said the strategy could prevent tens of thousands of heart attacks and other dangerous conditions. "The cost burden of these diseases will decrease substantially, leading to cost savings for the health system, governments and the Canadian economy," he said.

THE CANADIAN PRESS

Women and children first, says Layton

PRIORITIES NDP Leader Jack Layton says it's all well and good for Prime Minister Stephen Harper to call for the world to make maternal-child health a priority in developing countries, but says that kind of initiative should start in Canada.



Jack Layton first. Layton appealed to all federal political leaders to seek common ground on making women and children in Canada a priority in the next session of Parliament.

THE CANADIAN PRESS

Native university loses funding

EDUCATION The federal government has pulled funding from the First Nations University of Canada over ongoing concerns with finances and governance.

Indian Affairs Minister Chuck Strahl says his department won't renew about \$7.3 million to the Regina-based institution effective March 31.

Strahl said the university has failed to address "long-standing, systemic problems related to governance and financial management of the institution."

THE CANADIAN PRESS

Nun forgives murderer

HEARING Minutes after a court found Martin Rondeau not criminally responsible for beating an elderly nun to death at a halfway house where he lived, the nun's superior delivered her own judgment: Forgiveness.

"We forgave him right away because he is a human being," Sister Superior Pauline Massicotte said outside the courtroom yesterday. During the brief, subdued hearing, Quebec Superior Court Justice Guy

Cournoyer concluded Rondeau was suffering from mental health problems caused by an epileptic fit at the time Sister Estelle Lauzon was killed.

While epilepsy is not considered a mental illness in the medical sense, it qualifies in this case under the law. Cournoyer will decide today whether Rondeau will be confined for psychiatric care, or if he will be given conditional release.

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Police have arrested a second person in an attack on Winnipeg's Homeless Hero. The vicious attack Saturday left 45-year-old Feron Hall in hospital, where he is listed as stable. Hall was homeless when he rescued two people from drowning last year on the Red River. **THE CANADIAN PRESS**

Canadians prefer Senate reform: Poll

A new poll suggests Canadians would much rather reform the unelected Senate than abolish it or keep it as it is.

The Canadian Press Harris-Decima survey indicates 59 per cent of respondents believed senators should be elected.

By contrast, only 27 per cent thought the Senate should be abolished and a mere 10 per cent wanted the prime minister to continue appointing senators.

The telephone survey of just over 1,000 Canadians was conducted Jan. 28-31, just as Prime Minister Stephen Harper was ap-

35 Doug Anderson, senior vice-president of Harris-Decima, said respondents under the age of 35 were particularly keen on electing senators.

pointing five more partisans to the Senate — finally giving the Conservatives the numerical upper hand in the red chamber.

A survey this size is considered accurate within 3.1 percentage points 19 times in 20.

Harper has indicated that he will use his party's newfound Senate domi-

nance to revive legislation that would impose term limits on senators and create a process to elect them.

The Harper government maintains its reforms need only parliamentary approval, but the four provinces disagree.

They contend changes to the upper house can only be achieved through a formal constitutional amendment approved by at least seven provinces.

The poll did not ask respondents whether they'd be willing to re-open the constitutional can of worms to get an elected Senate. **THE CANADIAN PRESS**

TV spot promotes Canada-U.S. bond

VANCOUVER

2010 Games

WASHINGTON A 30-second commercial lauding the close ties between Canada and the U.S. will air on Washington's NBC affiliate dozens of times during the upcoming Vancouver Winter Games.

The organization behind the commercial, the Canadian American Business Council, says it marks the first time such a commercial has aired inside the Beltway — in other words, to an audience of powerful movers and shakers — during such a significant, avidly watched event.

THE CANADIAN PRESS

Calgary Quite the handshake



Canadian astronaut Robert Thirsk, right, laughs as Rhys Dunnill-Jones, 8, makes a face during an autograph session in Calgary yesterday. Thirsk was in the city to officially receive his honorary degree at the University of Calgary.

N.S. premier tackling expense-claim fallout

REPORT Nova Scotia Premier Darrell Dexter is ordering the Speaker's Office to release a list of expenditure claims made by members of the provincial legislature.

Dexter said yesterday he regrets being included in

an auditor general's report that found excessive and inappropriate spending by members of all three political parties.

Dexter admitted he used public money to buy a \$2,150



Darrell Dexter

digital camera and two laptop computers, money he says he will repay.

He said he will recommend abandoning the legislature's internal economy board in favour

of a more modern management commission in a bid to strengthen spending controls.

Dexter said he also wants that commission's meetings to be open to the public.

THE CANADIAN PRESS

News in brief

GOOD DEEDS The NHL Players' Association is lending a helping hand to a tiny Saskatchewan community that lost one of its hockey arenas to fire last month. Damage to an older arena in Kindersley is ex-

pected to be over \$1 million. The association is contributing roughly \$30,000 to help replace goalie equipment and the sleds used by disabled hockey players.

THE CANADIAN PRESS

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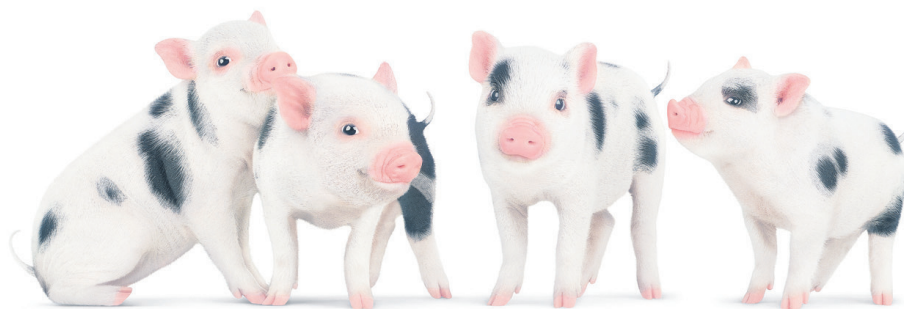
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A massive avalanche plowed into an Indian army training centre at a ski resort in Kashmir yesterday, killing 17 soldiers and critically injuring 17 others. Fifty-three troops were rescued after the speeding mass of snow and ice struck the centre high on a Himalayan slope, police said. **THE ASSOCIATED PRESS**

World



U.S. to set up new climate agency

U.S. President Barack Obama's administration is forming a new agency to study and report on the changing climate. Climate change has drawn widespread concern in recent years as temperatures around the world rise, threatening to harm crops, spread disease, increase sea levels, change storm and drought patterns and cause polar melting.

THE ASSOCIATED PRESS

Candidate arrested on coup charges

Sri Lanka's defeated presidential candidate was hauled from his office by military police yesterday and will be court-martialled for allegedly planning to overthrow the government while serving as the head of the army.

Sarath Fonseka, who as the top general helped defeat the Tamil Tiger rebels, was forcibly detained after objecting to his arrest, opposition politician Rauff Hakeem told The Associated Press.

Fonseka and President Mahinda Rajapaksa were once strong allies who combined to end the country's

'Carried away'

Mano Ganesan, an opposition lawmaker, said Fonseka was "arrested and forcibly carried away" while having a discussion with a group of political allies.

25-year civil war last May. But they subsequently fell out, and Fonseka quit his post. They contested a bitter election last month for the presidency that Rajapaksa won. Officials have repeatedly accused Fonseka of plotting to kill Rajapaksa and overthrow the govern-

ment with the help of army deserters and former military officers since the election. Fonseka has called the allegations fabricated and vowed to push on with his political career. A number of serving officers, which the government said were considered to be a threat to national security, have been fired.

Since the Jan. 26 election, Fonseka has complained that the government was attempting to arrest him on trumped up charges. Last week, security forces raided his office and arrested at least 15 of his staff.

THE ASSOCIATED PRESS

Tainted milk still on shelves

CHINA The discovery has punched a 170-ton hole in China's promises to overhaul its food safety system. Officials say they've found yet another case where large amounts of tainted milk powder from the country's 2008 scandal that should have been destroyed were instead repackaged.

China ordered tens of thousands of milk products laced with an industrial

chemical burned or buried after more than 300,000 children were sickened and at least six died from the contamination. But, crucially, the government did not carry out the eradication itself, and this month an emergency crackdown has made it clear that tons of compromised products are still on the market.

Tainted dairy has recently been found in China's

largest city, Shanghai.

At least five companies are suspected of reselling tainted products that should have been destroyed, the Health Ministry said last week. Officials issued a recall for more than 170 tons of milk powder tainted by the industrial chemical melamine and closed two dairy companies, the China Daily newspaper reported. **THE ASSOCIATED PRESS**



Dubai's 160-storey Burj Khalifa is seen yesterday.

World's tallest building closed indefinitely

DUBAI The world's tallest skyscraper has unexpectedly closed to the public a month after its lavish opening, disappointing tourists headed for the observation deck and casting doubt over plans to welcome its first permanent occupants in the coming weeks.

Electrical problems are at least partly to blame for the closure of the Burj Khalifa's viewing platform — the only part of the half-mile high

tower open yet. But a lack of information from the spire's owner left it unclear whether the rest of the largely empty building — including dozens of elevators meant to whisk visitors to the tower's more than 160 floors — was affected by the shutdown.

The indefinite closure, which began Sunday, comes as Dubai struggles to revive its international image as a cutting-edge Arab metropo-

lis amid nagging questions about its financial health.

The precise cause of the \$1.5-billion skyscraper's temporary shutdown remained unclear.

In a brief statement responding to questions, building owner Emaar Properties blamed the closure on "unexpected high traffic," but then suggested that electrical problems were also at fault.

THE ASSOCIATED PRESS

Court increases control over alleged sex tape

EDWARDS A judge wants a security officer to accompany a former John Edwards aide as he goes to retrieve a sex tape of the two-time presidential candidate, increasing the court's control of the disputed video.

Judge Abraham Penn Jones said in an order released yesterday the Orange County sheriff has appointed a security firm to help recover the video and other items. Former Edwards loyalist Andrew Young has said he has the original tape and

Former aide in contempt: Judge

The judge declared last week that Andrew Young was in contempt of court for not immediately turning over the tape when deputies initially went to retrieve it from him. John Edwards' mistress, Rielle Hunter, has sued Young for in-

vasion of privacy and sought the return of what she deemed a "very private and personal" video. Young says he has a tape that shows Edwards in a sexual encounter with a woman he assumes to be Hunter.

copies stored in an Atlanta safety deposit box.

"Mr. Young shall take the officer with him into the vault to obtain the lock

box," the order reads.

One copy of the tape has been sent to the FBI, Young has said in an affidavit.

THE ASSOCIATED PRESS

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Immigrants to undergo culture training

FRANCE France's prime minister says the government will ensure that newly arrived immigrants receive training on gender equality and the French language as part of efforts to better integrate them into society.

That measure and others come as the government ponders how to cultivate pride in being French and better integrate immigrants. The measures stem from three months of sometimes noisy and occasionally racist debate on what it means to be French. French Prime Minister Francois Fillon also says new citizens will be obliged to sign a pact listing their duties to France.

He did not provide details yesterday in a speech outlining the government's plans. Fillon also says the government-sponsored debate is to continue and that further measures will be announced.

THE ASSOCIATED PRESS

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Could former top Bush officials be the next to face questioning by a U.K. probe into the invasion of Iraq? Scan this code for the story.

Bobby jailed

A senior London cop has been sentenced to four years in jail for assaulting and falsely arresting a 24-year-old Iraqi over a minor financial dispute. **THE ASSOCIATED PRESS**

world 9



A U.S. soldier from the 82nd Airborne helps an earthquake survivor carry rice from a food distribution point yesterday in Port-au-Prince, Haiti. The death toll from the Jan. 12 earthquake is estimated at more than 200,000 people with 300,000 injured and over one million homeless.

Vaccination effort launched in Haiti

Aid groups say they are launching an emergency vaccination campaign for 140,000 people in Haiti to protect them against measles and other diseases.

The campaign is being conducted by the international Red Cross federation, the World Health Organization, UNICEF and the Haitian Health Ministry.

A Red Cross statement says the campaign will focus on the capital Port-au-Prince because the disease risk to earthquake victims there is greatest.

The federation expected to start by vaccinating about 1,800 people yesterday at a camp on the old airport runway and then move on to hundreds of other

Haiti Crisis

camps over the next two weeks

Vaccinations will also be against diphtheria and tetanus.

Meanwhile, more than five dozen Haitian migrants detained as they sailed north through the Bahamas will be returned directly to the earthquake-ravaged country, the Bahamian prime minister said yesterday.

Two Royal Bahamas Defence Force vessels intercepted a boat carrying the 62 Haitians on Saturday, Prime Minister Hubert Ingraham said.

While the Bahamas has made it easier for Haitian immigrants already in the country to stay since the earthquake, Ingraham said the government will not change its policy toward undocumented migrants found at sea.

"We will do all we can to assist Haiti except we cannot absorb Haiti's population in the Bahamas," Ingraham told The Associated Press.

The Jan. 12 earthquake has raised fears of mass migration from the desperately poor country south of the Bahamas. Since then, fleeing Haitian migrants have been stopped on two vessels in the Bahamas and another in the Turks and Caicos Islands. **THE ASSOCIATED PRESS**

News in brief

NUCLEAR ARMS Iran moved closer to being able to produce nuclear warheads yesterday with formal notification that it will enrich uranium to higher levels, even while insisting that the move was meant only to provide fuel for its research reactor. An Iranian envoy informed the International Atomic Energy Agency of the decision to enrich at least some of its low-enriched uranium stockpile to 20 per cent, considered the threshold value for highly enriched uranium.

HEALTH CARE Republicans gave a chilly reception yesterday to U.S. President Barack Obama's invitation to discuss health care in a bipartisan, televised setting later this month, part of the White House effort to revive the stalled legislation. The House and Senate Republican leaders said Obama and his fellow Democrats must shelve their long-debated health care bill.

THE ASSOCIATED PRESS

Afghan troops set to play biggest role yet in war

AFGHANISTAN Thousands of Afghan soldiers and police will join U.S. and NATO troops in an upcoming offensive in southern Afghanistan, playing their biggest role in any joint operation of the Afghan war.

The pending attack on the Taliban-held town of Marjah in Helmand province will be a crucial test for the NATO strategy of transferring more responsibility to the Afghans so foreign troops can go home.

Exact numbers of NATO and Afghan troops earmarked for the assault on Marjah have not been disclosed for security reasons. However, U.S. and Afghan officers said the percentage of Afghan soldiers and

police will be far greater than the 10-to-one ratio of Americans to Afghans during the last major offensive in Helmand province last summer.

Whatever the real figures, NATO and Afghan officials are going out of their way to promote the attack on Marjah as an Afghan-led joint operation. The offensive is called "Operation Moshtarak," a Dari language word for together or joint.

Last week, the Afghan and U.S. Marine commanders joked around in front of cameras to promote an image of camaraderie, with the Afghan grabbing the Marine general's hat and trading it for his black beret.

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Comment & Views

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Comment

America's crisis our crisis

NationalReport



metronews.ca/nationalreport

Before everyone gets down on Barack Obama, it should be remembered that it was George W. Bush who gave the country two wars, a staggering deficit and debt, no health care or environmental plan, a disparaged worldwide reputation and an economy on the verge of collapse.

Given the inherited conditions, no president, no matter how skilled or brilliant, could have righted the American ship in the space of a year. Nor will it be set right for years to come. The deficit is an inconceivable \$1.6-trillion. Unemployment will remain high. His health-care plan is in trouble. Troops will return from Iraq, but roll into Afghan-

istan. The defence budget will remain at an insane level of almost a trillion a year. The Republican right, with its lynch-gang mentality, will block progressive change. The country will continue to lose ground to China.

The outlook is the worst America has had in memory. The era of Vietnam, Watergate, race riots and stagflation was destructive, but the American engine was far more dominant then, less indebted, facing less competition.

There is today the added threat of terrorism. It's been almost nine years since 9-11 and there have been no terrorist hits on American soil. But the paranoia re-

mains. All it would take for the country to go into lockdown would be one small terrorist strike.

In Canada we look on somewhat blithely, not realizing America's crisis is our crisis. Our economy is doing better than theirs, but with 75 per cent of our trade dependent on the U.S. market, the old rule still applies — as America goes, so goes the great white north. We have done nowhere near enough to develop alternative markets.

With the hollowing-out phenomenon, most of our national champions have been sold off. Our productivity is embarrassingly low. We are overly dependent

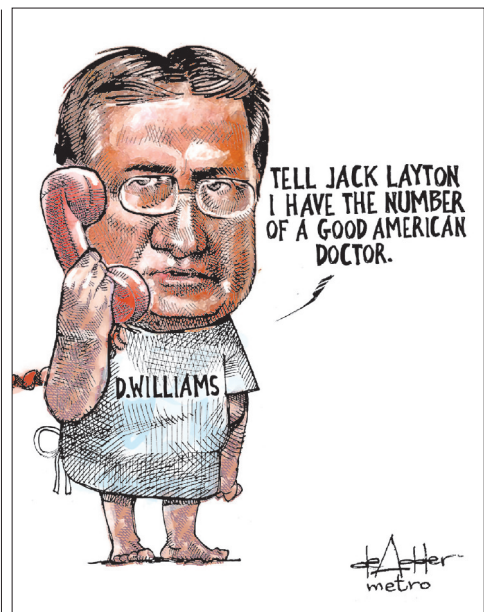
on a natural resource economy with all its fluctuations.

Successive minority governments in Ottawa have had the effect of stifling the debate, turning everything into political theatre, the result being there has been no long-range planning.

The Conservative government deserves some credit for recently reaching an agreement that will prevent Buy-American laws from impacting Canada heavily. But there is next to no debate among any of the parties on the decline of the United States and what the corresponding Canadian strategy, across a wide range of areas, should be.

The United States has been our lifeblood. As it falls into its worst decline in over a century, you'd think there would be a greater sense of anxiety. Instead what we have is complacency.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADAIR

Views

What's best for Haiti's kids hard to determine

InStep



Christine Williams

Determining the best interest of the child is a daunting task in our own culture, let alone Haiti. The catastrophic quake has rendered hundreds of thousands of children orphaned. With the international community and the Haitian government trying to put the pieces together, the overlapping convergence of corruption, the black market threat and well-meaning, overzealous efforts leaves these children in a precarious clutch.

According to the global

Corruptions Perceptions Index and the International Red Cross, the Haitian government ranks among the world's most corrupt with its citizens living under harsh, grinding poverty. Yet the government is guardian over the well-being of vulnerable children following the devastating quake. The Haitian government recently demonstrated its heavy-handedness with members of an American Baptist church on an eager rescue mission, without government authorization. These less than sagacious members were apprehended and arrested for allegedly kidnapping Haitian children. With government collaborated adoptions, no one knows how much money goes into its coffers and whether the motive is really in the children's interest

"To suggest that Haitians, in turn, be stripped of their personal rights to dignity and self determination is ethically immoral. Many families may eventually opt for the adoption choice, but it should be theirs."

or to market them off to wealthier families abroad.

Economically speaking, it is inarguable that Haitian children adopted by overseas parents have come into a windfall, but ethically speaking, this does not give helpers' the right to determine these grief-stricken children's future before families have been reunited and consulted.

Haitians have always known the scourge of poverty and government corruption. Struck by the catastrophic quake, they

are now vulnerable and desperately needy of international support, but to suggest that Haitians, in turn, be stripped of their personal rights to dignity and self determination is ethically immoral. Many families may eventually opt for the adoption choice, but it should be theirs. The purest form of giving is with patience, compassion and sensitivity.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Worth mentioning

Do teens still relate to Holden Caulfield's angst?

BOOKS Zoe Miller, 16, likes J.D. Salinger's *The Catcher in the Rye* so much that her copy is dog-eared from multiple readings. And she wishes her parents had spelled her name Zooley instead of Zoe, in honour of another Salinger book, "Franny and Zooley."

But Becky Johnston-Carter, 19, hates *Catcher* so much that she made a YouTube video in which she stabbed the book with a knife, then burned it in a barbecue grill.

When Salinger died last month, *The Catcher in the Rye* was heralded as the ultimate depiction of modern teenage angst. But while *Catcher* is widely taught, do 21st-century teenagers still relate to the book's moody narrator Holden Caulfield?

Or has *Catcher*, first published in 1951, become just another classic shoved down kids' throats?

Passions rage on both sides.

Li Goldberg, a freshman at Bard College at Simon's Rock in Great Bar-

rington, Mass., says when she read *Catcher*, she could hear Holden's "voice and felt him as a friend. I understood his philosophy on phones and why he was acting the way he was."

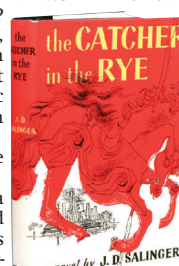
Li recalled standing up for Holden in her high school English class after another student dismissed him as an "emo."

"That was a lively class," said Daniel Lewis, Li's teacher at Lincoln-Sudbury High School in Lincoln, Mass., where *Catcher* is taught to ninth-graders. "It was great that there was that energy and connecting with the book."

Lewis says that while teenagers still relate to Holden on a visceral, emotional level, reading *Catcher* can be a challenge.

He said teens also still relate to Holden's "deep distrust of the adult world" and his "to hell with the world" attitude and "lack of connection to his parents."

THE CANADIAN PRESS



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The Canadian Autoworkers Union is calling on the federal and Ontario governments to investigate Xstrata PLC's reasons for closing its site in Timmins, Ont. The mining giant said that it plans to close its copper and zinc operations in the northern Ontario city in May. **THE CANADIAN PRESS**

Business



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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Real estate services could get cheaper

Group seeks to have MLS rules' changed

Homebuyers and sellers could see a significant decrease in transaction fees if Canada's Competition Bureau wins a challenge to the Canadian Real Estate Association's all-or-nothing pricing structure, according to a bureau spokesman.

The Competition Bureau has been discussing the matter with the association since 2007 after receiving several complaints, but the CREA has not been willing to make changes to its practices, said the spokesman, who asked not to be identified by name.

Yesterday, the bureau filed an application with

Lower prices?

• A spokesman with Canada's Competition Bureau said that in the United States, where many such restrictive rules have been lifted, fee prices had dropped significantly and now range from \$99 US to \$500, much lower than in Canada.

the Competition Tribunal seeking to strike down the CREA's specific rules on the use of its Multiple Listing Service.

Among other things, the bureau alleges that the CREA's rules limit choices

for consumers and force them to pay for services they don't want, while also stifling innovation in the market for residential real estate services.

For example, agents are forbidden from offering consumers the option of simply paying a fee to list a home on MLS, it says.

Under current rules, real estate agents must handle all details of the transaction, although there are some services that consumers might wish to do on their own, such as booking interviews to view the property or making an offer.

THE CANADIAN PRESS

India Economy growing by 7.2%



A worker arranges watermelons at a wholesale fruit market in Hyderabad, India, yesterday. India's economic growth will likely hit 7.2 per cent for the fiscal year.

Business in brief

TRANSPORT Chinese train company Zhuzhou Electric Locomotive expects to create up to 1,000 new jobs in Montreal if it beats a Bombardier-Alstom consortium bid to build new subway cars for Montreal's Metro system. The company said yesterday it would assemble the subway cars in a Montreal-area plant to respect the requirement that 60 per cent of the content be Canadian.

TECH Technology firm Wi-Lan Inc. says it has signed a letter of intent to settle a lawsuit filed by Telus Communications Inc., which claimed ownership interests in several patents.

THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Hard-hit sectors present buying opportunities

Investing

Allan Small

metronews.ca/investing

Debt fears in places like Greece, Portugal and Spain are scaring markets in North America as well as Asia and South America.

The financial markets today are so intertwined that one nation's problems can be someone else's headache. As with any event, investors need to assess whether the risk is truly a big issue, or if it is something that will be ironed out soon. It is my opinion that the debt issues with countries such as Greece that make up such a small part of global GDP are overblown. If I am correct and this is just a pause on the way to higher markets in the future, where are the

bargains right now?

I believe investors should be looking at the sectors in the market that have been hit the hardest by this latest retreat.

The commodities and oil sectors have been hit hard and present some great buying opportunities. Financial companies have fallen enough that their dividend yields in some cases are now above five per cent once again. The technology sector continues to turn out great earnings as well. Good quality companies in these sectors should outperform going forward and investors who have the ability to take advantage of it will be rewarded.

Allan Small can be reached at asmall@dun-deesecurities.com. The views expressed are not necessarily those of Dundee Securities.

Borrow for RRSP?

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

Two and a half weeks left! Yikes. The RRSP needs feeding and the cupboards are bare. What to do? If you have good credit, equity in your home and/or reasonable non-mortgage debt compared to your income, an RRSP loan is a no-brainer. Maybe, maybe not. My response to the value of RRSP loans is always the same; on paper they can make financial sense but in reality I rarely see any true benefits. In pursuit of avoiding income tax, people invariably fail to look at the full picture, i.e. what lurks beyond the refund.

If you can satisfy the following four ifs then I will

grudgingly agree an RRSP loan could put you ahead.

1 If you're going to pay income tax.

A surprisingly number of those with little or no taxable income, but equity in their home and good credit, borrow to contribute. No question, the higher your tax rate the more the strategy is appealing but don't forget, unlike other investment loans, you can't deduct the interest levied on the borrowed amount.

2 If you don't have other non-mortgage debt.

It makes little sense to take out an RRSP loan with loan balances outstanding, especially on bank or retail credit cards with interest between eight and 30 per cent.

3 If you're disciplined enough to take the whole tax refund and pay down or

pay off the borrowed amount. Promises to yourself in February can evaporate remarkably quickly when the refund cheque arrives.

4 If you can invest the money wisely.

This is the biggie. Even though you may be able to borrow at a low rate of interest and reduce your taxes payable, there is more pressure on borrowed money to perform than money you've saved. Aside from anything else, borrowed money often encourages us to make riskier investments in order to earn back the interest paid.

If you can say yes to the four ifs, take a look at the Credit Canada RRSP loan calculator at creditcanada.com/financialtools.asp to see how the strategy might work for you.

Alison Griffiths is a financial journalist, author and host of *Mixed Out* on the W Network. Write to her at alison@alisongriffiths.ca.

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Planning for retirement

Q How much should we set aside every year for about 30 years to achieve a post-retirement income of \$50,000?

— Daryl and Kelly

A You will need about \$14,500 annual RRSP contributions for the next 30 years (six per cent return) to expect an after-tax income (tax rate 35 per cent) of \$50,000, says Douglas D. Lamb, CA, CFP, MBA with Spera Financial, a Toronto-based financial planner. Check last year's notice of assessment; you probably qualify for larger contributions.

Henry Choo Chong, CGA, can be reached at choochonghcgca@yahoo.ca.

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The Cleveland Browns have released wide receiver Donte' Stallworth. Stallworth was suspended for the 2009 season by NFL commissioner Roger Goodell after he pleaded guilty to killing a pedestrian while driving drunk in Florida. He spent 24 days in jail. **THE ASSOCIATED PRESS**

Browns release Stallworth

Sports



Danica to make debut

Danica Patrick will make her NASCAR debut this weekend at Daytona International Speedway. The IndyCar star will drive the No. 7 Chevrolet for JR Motorsports in Saturday's second-tier Nationwide Series race. The decision, announced yesterday, to race at Daytona was made after team officials dissected her stock-car racing debut in the ARCA race at Daytona on Saturday. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONews.CA

Gainey resigns as Canadiens GM

Gauthier takes over the reins as Gainey becomes consultant in Habs front office

Bob Gainey has resigned as general manager of the Montreal Canadiens after a tumultuous era at the helm of hockey's most storied franchise, becoming the latest in a string of Habs GMs to leave without a championship.

Gainey becomes the third straight Habs general manager to leave the job without delivering a Stanley Cup — a once-unthinkable statistic for a team that was dominant for decades.

Gainey will remain employed with the Habs as a consultant to new GM and executive vice-president Pierre Gauthier, and he told a news conference yesterday that he remains devoted to the team.

He presided over an era where the Canadiens were competent during the regular season, poor in the playoffs, and flooded by fans' nostalgic adulation as they celebrated their 100th birthday.

"I've done my best and



Bob Gainey hangs his head at a news conference in Montreal yesterday, announcing his retirement as general manager of the Montreal Canadiens.

it's time for me to pass the torch. I'm leaving the team that I love in good hands," Gainey told reporters.

"The job of general manager required a vision and a long-term commitment and I didn't want to com-

mit myself now for five or six more years.

"If I had to choose between leaving a little earlier, or a little later, I'd prefer (to go) earlier."

The Gainey era ends with a record of 241-176-

46-7 during the regular season, 11-22 in the post-season, and zero appearances beyond the second round of the Stanley Cup playoffs.

The team is currently in sixth place in the East,

Enter Gauthier

• Bob Gainey's successor, Pierre Gauthier, was general manager of the Ottawa Senators from 1995 to 1998 and of the Anaheim Ducks from 1998 to 2002, and has served the Canadiens in a variety of roles since 2006.

with a record of 28-26-6 despite a crippling series of injuries to key players like Andrei Markov, Mike Cammalleri and Andrei Kostitsyn.

If Gauthier is preparing to make any drastic changes, he certainly wasn't showing his cards yesterday.

"It's a great honour to become general manager of the Montreal Canadiens," Gauthier said.

"I like our team. I like the organization. I'm very comfortable with Jacques Martin and our team of coaches."

THE CANADIAN PRESS

Arsenal looks for win over Liverpool

SOCCER Since climbing to the top of the Premier League, Arsenal has taken only one point from three games, slipped to third and been knocked out of the FA Cup.

Now Arsene Wenger's young players face a tough home game against reviving Liverpool, and another defeat could leave them with little chance of winning a title they last captured six years ago.

"I feel that we are not in the best position but we will not give up," Wenger said after Sunday's 2-0 defeat at Chelsea left his side nine points off the lead.

"We were a bit unfortunate as well in the same period to play Manchester United, Chelsea and Liverpool on the trot. If you lose one game, it is very difficult with the psychological implications for the next game. I believe that is a little bit of a disadvantage."

At the same stage of last season, however, Arsenal slipped off the title pace by drawing five games in a row although it didn't face any of its traditional title rivals during that run.

Wenger's team hopes to bounce back by beating Liverpool at home tomorrow. But it will face a Liverpool side that has lost only one of its last nine league games.

THE ASSOCIATED PRESS

Blue Jays' Romero out to earn top billing in rotation

BASEBALL With lactic acid searing his legs, a heart rate-monitor recording his progress, and no end in sight to the interval workout, Blue Jays pitcher Ricky Romero gripped the handles of the exercise bike and kept pumping the pedals.

If you think the second-year southpaw starter feels entitled to the top spot in the Jays' rotation with Roy Halladay gone, think again. Instead of waiting to be acclaimed the team's ace, Romero spent his off-season at Athletics' Performance, a multi-sport training complex in Carson, Calif., training hard to cement his spot among Toronto's starting pitchers.

"I'm humbled and hungry, man," Romero said. "I've never gotten complacent and I'm not about to start now ... There's about 15 other guys that want my job and every one of them is hungry."

The open spot at the top

of Toronto's rotation is tough to fill and Romero knows it.

Halladay anchored the pitching staff for eight seasons, but he brought his all-star stats and team leader status to the Phillies in a December trade.



Ricky Romero

Halladay's departure leaves Romero, who went 13-9 as a rookie, as the most experienced healthy starting pitcher on the roster, and the 25-year-old is tackling the new challenge the way Halladay would.

By training like a maniac.

In addition to his throwing sessions, Romero has been putting in two-hour workout sessions four days a week.

TORSTAR NEWS SERVICE

NFL heads to the great unknown

LABOUR A memorable season capped by a super title game with a record TV audience has NFL executives and fans beaming.

The smiles might soon disappear.

Pro football is headed into the great unknown. Barring a quick — and totally unexpected — agreement with the players' union on a new contract, 2010 will have no salary cap. After that, perhaps a work stoppage, something NFL Players Association executive director DeMaurice Smith puts at "14" on a scale of 1 to 10.

Commissioner Roger Goodell doesn't agree, believing negotiations will lead to a new deal before March 2011, when the collective bargaining agreement expires. But an ac-

"We have to sit at the table and we have to get an agreement that works for everybody." NFL commissioner Roger Goodell

cord before the New Orleans Saints begin defence of their Super Bowl championship in September is unlikely.

The 32 team owners clearly are prepared for a go at the first uncapped season since 1993.

Enough restrictions are in place, including extending the minimum years of service for unrestricted free agency from four years to six, that baseball-like bidding wars are improbable.

With the owners claiming they are losing millions and the players arguing that teams are making

money by the fistful, a common ground will be difficult to find.

"The labour agreement is a very important agreement," Goodell said during his annual Super Bowl week news conference. "It's something that is important to our players. It's certainly important to our clubs, and it's important to our fans."

"We have to sit at the table and we have to get an agreement that works for everybody. And that's what people expect. They want solutions, and that's what we should deliver."

THE ASSOCIATED PRESS

Sports in brief

NBA Indiana Pacers centre Jeff Foster will miss the rest of the season with a back injury. The Pacers announced yesterday that Foster will have

surgery after the All-Star break. He is expected to be ready for training camp in the fall.

NHL The Dallas Stars have acti-

vated centre Mike Ribeiro a month after he injured his throat in a game against the New York Rangers.

METRO NEWS SERVICES

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SCOREBOARD

NHL YESTERDAY'S RESULTS

San Jose 3 Toronto 2
Philadelphia 3 New Jersey 2
St. Louis at Colorado
Edmonton at Phoenix
Los Angeles at Anaheim

TODAY'S GAMES

Calgary at OTTAWA
Boston at Buffalo
Nashville at NY Islanders
Florida at Carolina
Vancouver at Tampa Bay
Detroit at St. Louis
Dallas at Chicago

NBA YESTERDAY'S RESULTS

Orlando 123 New Orleans 117
Dallas at Golden State
San Antonio at L.A. Lakers

Important update from Toyota Canada.

There has been a lot of talk about Toyota.
Here are the facts for our customers.

Your safety remains our number one priority:

- In the interest of our customers, Toyota has and will continue to thoroughly investigate concerns related to our products and address issues that are identified.
- We will continue to take appropriate measures to remedy any problems, should they arise, and will notify our customers as quickly as possible.

The latest update on the sticking accelerator pedal recall:

- All Dealers have received repair parts and Toyota trained technicians have begun to modify affected vehicles.
- Our Dealers are here to service your vehicle, many will be working extended hours.

Toyota vehicles are designed and manufactured with your safety in mind. Our worldwide organization has been mobilized and we are redoubling our efforts to improve and continue to provide our customers with quality products.

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For the latest information, please visit our updated website at toyota.ca, contact your Dealer, or our Customer Interaction Centre at 1-888-TOYOTA-8 [1-888-869-6828].



Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Estimates of protests increase as Vancouver Games approach

DEMONSTRATIONS Police are expecting large crowds of protesters to mark the start of the Winter Games later this week, but international Olympic officials say they're not concerned the demonstrations will pose any serious problems.

Anti-Olympic groups are planning a large event in downtown Vancouver to coincide with Friday's opening ceremonies, and others are expected to follow throughout the ensuing 16 days of the Games.

Vancouver police have recently said they expect between 1,000 and 1,500 protesters in the first few days of the Olympics — a significantly larger number than many had previously expected — and protest organizers say they hope to exceed those figures.

But officials with the International Olympic Committee and the local organizing committee, known as VANOC, said they are confident protests will be peaceful and won't cause any major disruptions during the Games.

Gerhard Heiberg, a member of the IOC's executive board, said the committee has always been

On the web
For up-to-the-minute Olympic news, go to metronews.ca

aware of the potential for protests during the Vancouver Olympics.

"I wouldn't call it concerns," Heiberg, who was also the chairman of the committee that evaluated Vancouver's bid for the Games in 2003, said at a news conference yesterday.

"We have to accept protests and there will be some and fine, let's leave it. We are used to that."

The IOC raised the issue of protests with VANOC during a final briefing on Monday, specifically around what organizers were expecting on the day of the opening ceremonies.

"For us, it's not an issue — we accept protest, we accept people protesting. This is free, democratic freedom of expression," said IOC president Jacques Rogge.

"What we want is no violence and we want the people to respect the laws of the country and then there is no problem."

THE CANADIAN PRESS

New scale for skaters

Previous system scrapped

Gone is the 6.0 that everybody knew if not loved, and in its place is a complicated system that can leave figure skating fans scratching their heads.

The pairs scandal involving Canadians Jamie Sale and David Pelletier at the 2002 Salt Lake Olympics provided the impetus for a complete — and long-overdue — rewrite of how figure skating is judged.

But the new, far more detailed, computer-driven Code of Points, implemented in 2004 in hopes of eradicating the partisanship that had long plagued the sport, almost takes a statistician to decipher.

The one thing to remember is that under the new system, absolutely everything — from jumps to spins to the step sequences in between — has an assigned value.

Marks are then added or deducted according to how well a move is executed.

Take the triple Axel for example. The three-and-a-half rotation jump has a base value of 8.2 points. Judges then decide how well the jump has been executed, awarding a grade of execution or GOE ranging from a plus-3 to a minus-3, which takes into account everything from height and speed, to the difficulty of the steps leading into the jump.

Skating scandal

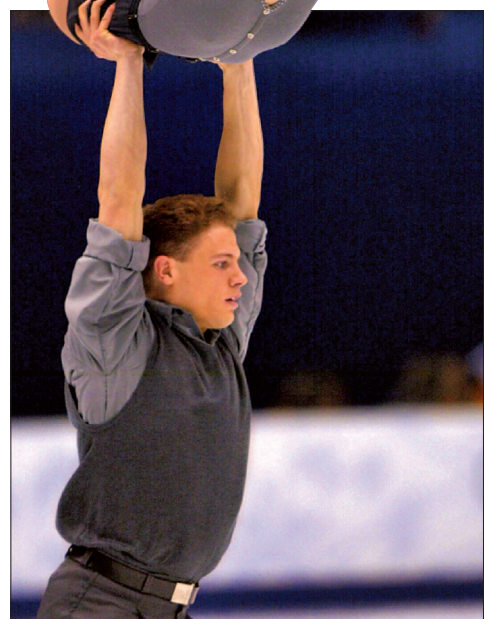
- Jamie Sale and David Pelletier were thrust into the international spotlight during the 2002 Winter Games when they were awarded silver medals after a flawless skate. After a judging controversy and an appeal, they were awarded gold along with the Russian skaters

"You can see a jump that goes up and the speed leading in is amazing, and the position in the air is beautifully straight and the landing flows out with amazing extension of the free leg," explains Norm Proft, officials programs manager for Skate Canada.

GOE: A plus-3.

"You have another skater, maybe they're a little slower going in, maybe they lean in the air, maybe their free leg is up in the air instead of nice and tight, maybe the landing a little scratchy. They're both triple Axels, but they're distinctly different in the quality of the jump," Proft says.

There's another set of scores — "program components" — that replace the former "presentation" marks. The five components are skating skills, transition, performance/execution, choreography/composition, and interpretation, with a scale of one



Jamie Sale and David Pelletier compete in the free program during the Salt Lake City Winter Olympic Games in 2002.

to 10.

Canadians Tessa Virtue and Scott Moir earned the first perfect 10 awarded in ice dance at HomeSense Skate Canada International in December.

Up until the 2002 Olympics, programs were scored with pen and paper. Scoring is now computerized and judges use instant replay to review any questionable elements before determining scores.

There is a three-person technical panel that identifies each element, and then nine judges who tabulate the GOEs. Only five scores are calculated however — two judges are excluded by a random computer drawing, and the lowest and highest score on each element are dropped.

Every program has a spe-

cific number of required jumps, spins, step sequences and lifts (in pairs and dance). If a skater does an extra jump, it's graded as 0, preventing skaters from loading their program with certain elements.

The new judging system has received mostly high marks among fans and athletes for developing more well-rounded skaters. With virtually every step of a program marked, gone are the days of: skate-skate-skate-jump, skate-skate-skate-spin.

"Where it's more difficult may not be in the technical elements themselves, but it's what they're required to do in between those elements," Proft says. "These guys are athletes, they're hard bodies out there."

THE CANADIAN PRESS

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Chan all smiles upon arrival in Vancouver

AIRPORT Sporting a grin a mile wide, Canadian figure skater Patrick Chan was greeted by dozens of fans and autograph seekers when he arrived at Vancouver International Airport yesterday.

Chan, carrying a camouflage backpack over his black warmup jacket, held his own video camera up to capture the scene. The 19-year-old from Toronto was swarmed by reporters and television cameras shortly after he entered the arrivals area.

"I'm just enjoying the ride," Chan said. "This is why we live to do this. Moments like this."

Chan is hoping to win Canada's first men's figure skating gold medal at the Vancouver Games. After speaking to reporters, the world silver medallist signed some autographs and thrilled some fans by posing for pictures.

"It's almost surreal," Chan said of the reception. "It's the first time I've been nervous coming off a plane because I knew

"I'm just enjoying the ride."

Patrick Chan

what was coming up. It's really cool to be here."

Autograph collector Ken Redekop of Maple Ridge, B.C., got Chan to sign a glossy photo of the young skater in action.

"It was a bit overwhelming," Redekop said. "We haven't really had so many media here. I think

he was overwhelmed just to see everybody."

It has been a challenging season for Chan. He has had to deal with a bout of the flu and a torn calf muscle that kept him off the ice for weeks. Coach Don Laws also announced that he was quitting as Chan's coach with just a month to go before the Games.

However, Chan was in top form last month when he captured his third straight national title.

THE CANADIAN PRESS

Learning Curve is

a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

'Patience is essential'

ANDREW SZTEIN
for Metro Ottawa

The holiday season may be over, but coaching for a living means being in a giving spirit all year round.

"Coaches are natural givers," said Sheila Croxon, a mother of three and an Etobicoke native who coaches synchronized swimming in Toronto.

Croxon has amassed a wealth of experience in her 25 years in coaching the sport. Among the highlights of her career is coaching Canadian swimmers to a silver medal as an assistant at the 1996 Olympic Games in Atlanta, and acting as head coach for the bronze-medal winning team at the 2000 games in Sydney.

"When you coach, you coach more than your sport," said Croxon. "You coach people."

For those who find themselves passionate enough and possessing enough technical skill to consider coaching, it still requires a significant time commitment for little pay.



Sheila Croxon coached the synchronized swimming team during the 1996 and 2000 Olympic Games.

It's difficult to make it as a professional coach in any sport, but most coaches don't get into it for the pay.

"It's not my career, it's my hobby," said Eric Scharf, volunteer coach of the Myers Riders football team in the National Capital Amateur Football Association in Ottawa. He has been a volunteer coach for six seasons.

Despite not getting paid for his work, Scharf devotes four nights a week at two to three hours at a time coaching 15- and 16-year-olds at the bantam level.

"Patience is essential,"

said Scharf. "You have to know that you're coaching to help kids, not to help yourself. You can't be out there trying to win at all costs, it's about education first."

While Croxon has coached in front of the bright lights and massive stage of the Olympic Games, the mother of three now coaches at the developmental level in order to devote more time to her family.

"You can get the same satisfaction from making a difference with youngsters on a daily basis," she says. "It doesn't matter if they're championship ma-

terial, it's about shaping attitudes and beliefs."

As with any profession, there are always difficulties, especially when working with children.

Scharf has seen many parents in his six years of coaching football put immense pressure on their kids to "be the next Sidney Crosby."

"It's hard to watch," said Scharf. "You can't go over there and scold the parents. It affects you, the kid, and the team when you have a parent screaming at their kids during practice."

Like any goal-driven profession, it's in the triumphs that coaches share with their athletes that make the profession worthwhile, whether they be making a difference in someone's life, or guiding them to a podium finish at the Olympics.

"There's a sense of relief when you accomplish your goals," said Croxon. "When you're working with a team and you have that experience of everyone making an equal sacrifice to achieve a goal and you get it, there's no greater feeling."

Ottawa job market flexible

ANDREW SZTEIN
for Metro Ottawa

In uncertain economic times, it can be uplifting to know the job market is growing and opportunities are out there.

One just needs to know where to look.

"Employment opportunities have been a little bit lower this year," said Joanne McDonald, manager of career services and student activities at Algonquin College.

But, she said, "we're optimistic for the 2010 outlook. We're lucky in a way that we live in a government town. Ottawa doesn't have to rely on a particular private industry sector versus other regions in Ontario."

According to a survey conducted by Ontario's 24 colleges, more than a dozen programs have a 100 per cent success rate in postgraduate hiring based on 2007-08 graduates, the most recent data available.

The programs with the perfect success rate include advanced care paramedic, applied business, child and youth worker, culinary skills/chef training, and technical writing.

With such a varied group of programs finding success, college grads don't have to shoehorn themselves into a career that isn't right.

McDonald believes the uncertain job market is not a lack of available employment, but rather a variation from the tech boom of the 1990s.

"All of our lives were affected by that technology boom," she said. "Because the tech boom was happening, we were getting people coming into this city who required other services like schooling and grocery stores. Other industries benefitted from that boom."

One suggestion McDonald has for those entering the job market is to be able to adapt. She also advises job-seekers to consider options like contract work and freelancing.

"The labour market has changed over time," she said. "My parents were used to being in one job for their entire lives."

"That's not going to be the reality for you and your children. Many people will see many different jobs in many different markets. It's a flexible job market now."

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Canada



Dress up your cakes for Valentine's Day by purchasing a heart-shaped baking pan and serve the finished results with whipped cream and fresh berries. Kitchen Plus sells a Fox Run Mini Heart Pan for \$3.50 (right), at kitchenstuffplus.com. **METRO NEWS SERVICES**

Romantize your cakes

Food



Fishing for some love

Delicious, healthy, affordable — and already thought by the Scots to be sexy — the Fresh Blue Cultured Mussel could be the next food of love, according to the Mussel Industry Council. Fresh blue cultured mussels are not only romantic and tasty, they are high in Omega 3s, low in fat (2.2 g fat per 100 g mussel meat) and have high levels of daily requirements for zinc, vitamin C and Iron. Mussels are also world recognized as sustainable seafood. What's not to love about eating them this Feb. 14? **METRO NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

A hearty meal

Design a decadent menu for your sweetheart

Rosemary Rack of Lamb

Frenched lamb chops are readily available. Or ask your butcher to French them, that is, to cut away the bones to expose them.

MAKES 4 SERVINGS

INGREDIENTS:

- 1/2 cup fresh bread crumbs (125 mL)
- 2 Tbsp chopped fresh rosemary (25 mL)
- 2 Tbsp grated Parmesan

cheese (25 mL)

- 2 clove garlic, minced
- 1/4 tsp each salt and pepper (1 mL)
- 2 Tbsp Dijon mustard (25 mL)
- 2 racks of lamb (8 bones, 2 each), 2 lb (1 kg), frenched
- 2 Tbsp extra-virgin olive oil (25 mL)

METHOD:

1. In small bowl, combine bread crumbs, rosemary, Parmesan cheese, garlic, salt and pepper.

Spread mustard evenly over meaty part of lamb; coat with bread crumb mixture.

2. In skillet, heat oil over medium-high heat; brown lamb, in 2 batches, until golden, about 2 minutes. Transfer, fat side up, to foil-lined baking sheet.
3. Roast lamb in 425°F

(220°C) oven until meat thermometer registers 145°F (63°C) for medium-rare, 15 to 20 minutes.

4. Transfer to cutting board and tent with foil; let stand for 5 minutes before carving between bones.

Tip: In fondue use Lindt chocolate



Canadian Living's Rosemary Rack of Lamb.



Chocolate Fondue for Two dessert.

Chocolate Fondue for Two

MAKES 2 SERVINGS

INGREDIENTS:

- 1 cup bite-size peeled pineapple chunks (250 mL)
- 1 navel orange, peeled and cut into segments
- 2 kiwifruit, peeled and sliced
- 1 Red Delicious apple, cored and sliced
- 6 cookies (optional)

METHOD:

1. Chocolate Fondue: In saucepan, heat cream until boiling. Pour over bittersweet and milk chocolates in fondue pot; whisk until melted. Whisk in amaretto. Keep warm.

2. Meanwhile, arrange pineapple, orange, kiwifruit, apple, and cookies (if using) on platter.
3. Garnish with gooseberries (if using). Serve with fondue.

online

For more Tested-Till-Perfect recipes, visit canadianliving.com



IT IS ALL ABOUT LOVE THIS THURSDAY!

Love is a great thing and Metro will be celebrating it with our readers worldwide. This whole week we'll be featuring stories revolving around the theme of LOVE.

Valentine's Day Metro special - out this Thursday

We'd also like to hear from you! Send us your message to your sweetheart and a picture together, and we'll run the best ones in our Friday edition.

We will accept submissions to ottawaletters@metronews.ca or on Twitter @metroottawa

metro

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Bring sexy back

Attention all guys! If you haven't noticed, Feb. 14 falls on a Sunday this year, which means your Valentine will be expecting a bit more than a card. A weekend Valentine's Day calls for

breakfast in bed, or at the very least something nice to sip on while she opens that great gift you bought her to make up for your lack of culinary skills.

Sparkling wine is your ticket out of the kitchen. But you don't have to stick with a straight forward bubbly. Take a colour cue from the holiday and pop open a bottle of rosé. **Yellow Tail Bubbles Rosé** (\$12.95 - \$13.99) from Australia is all about refreshing strawberry fruit that's not over the top; while **Fresita** (\$13.95 - \$15.99) from Chile comes with real hand-picked strawberries in the wine to pump up the flavour volume.

If you like the idea of something more confectionary, the

chocolatiers at Godiva work some Belgian magic by liquefying their famous **White Chocolate** (\$29.99 - \$31.95) into a decadently creamy, neutral spirit-based, liqueur.

Looking to bring sexy back? **X-Rated Fusion** (\$39.95 - \$47.99) liqueur is a tropical mix of French vodka, blood oranges, mango and passion (the fruit that is).



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

The same sodium as two medium orders of McDonald's French fries

Gerber, one of the best-known names in baby food, has been named this year's recipient of the Salt Lick Award due to the high sodium content in one of its prepared meals for toddlers, Graduates Lil' Entrees. **THE CANADIAN PRESS**

Health & Beauty

EDITOR: JENNIFER.PRITTE@METRONEWS.CA

Soccer helps to kick high blood pressure

CELIA MILNE
for Metro Canada



Exercise reduces high blood pressure. Doctors have known this for a long time. But what kind of exercise is best?

A new study in Copenhagen tells us that doing spurts of high-intensity exercise — namely, playing soccer — is a great way to control high blood pressure.

The study involved 25 men aged 31 to 54 who had mild to moderate hypertension. The men were split into two groups.

One group played soccer (in teams of five or six) for about an hour twice a week and the other group received traditional advice from a physician on reducing heart disease risk and staying active.

When tested three months later, the soccer-

playing group had improved their health far more than the other group.

They had lowered blood pressure, reduced heart rate, reduced fat on their body and increased aerobic capacity.

"Our advice is to participate in vigorous intermittent physical exercise," lead author Peter Krustrup told Metro.

He believes soccer is a great way to get healthy because it is effective and fun; people stick with it, unlike many other exercise regimes.

Krustrup is an Associate Professor in the Department of Exercise and Sport Sciences at the University of Copenhagen, Denmark.

In Canada, hypertension affects one in five adults. It is the number one risk factor for stroke, and a leading risk factor for heart disease.



Burst of high-intensity exercise, like playing soccer, helps to control high blood pressure.

Because there are no symptoms, it's often called "the silent killer."

Having hypertension increases your risk of coronary heart disease, atrial fibrillation, kidney disease

and death from any cause.

Although the Danish study was small, it adds to a growing body of evidence that soccer and other interval training activities are a great way

to improve health.

Another Danish study showed beneficial effects

of interval uphill walking for heart failure patients.

And Krustrup has already published studies showing regular recreational soccer training improves many measures of heart health in both men and women.

"If not (soccer)," he says, "perhaps other types of intense intermittent exercise, such as water polo or intermittent swimming, running or cycling."

Hockey, with its bursts of intense activity followed by rest, may be a great Canadian way to reap the rewards the Danish men had when they played soccer, especially in the winter.

Krustrup's article was published in the Scandinavian Journal of Medicine and Science in Sports.

Autism risks higher in children of older mothers: study

PREGNANCY A woman's chance of having a child with autism increase substantially as she ages, but the risk may be less for older dads than previously suggested, a new study analyzing more than five million births found.

"Although fathers' age can contribute risk, the risk is overwhelmed by maternal age," said University of California at Davis

"The study suggests the risk of a woman over 40 having an autistic child was still less than four in 1,000, one expert noted"

researcher Janie Shelton, the study's lead author.

Mothers older than 40 were about 50 per cent more likely to have a child with autism than those in their 20s; the risk for fa-

thers older than 40 was 36 per cent higher than for men in their 20s.

Even at that, the study suggests the risk of a woman over 40 having an autistic child was still less

than four in 1,000, one expert noted.

The new research suggests the father's age appears to make the most difference with young mothers. Among children whose mothers were younger than 25, autism was twice as common when fathers were older than 40 than when dads were in their 20s.

THE ASSOCIATED PRESS



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Just over one-third of Canadians live too far away from a specialized hospital to get the best available treatment for a heart attack, suggests a new University of Calgary study. But its authors argue that number is good for a vast country where many people don't live near cities. **THE CANADIAN PRESS**

Gerber's toddler dinners get grilled

TODDLER HEALTH Gerber, one of the best-known names in baby food, has been named this year's recipient of the Salt Lick Award from The Canadian Stroke Network

and the Advanced Foods & Materials Network due to the 550 mg of sodium found in one type of its prepared meals for toddlers.

THE CANADIAN PRESS

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Valentine's Day cynicism is a cop out

The J Spot

Josey Vogels

metronews.ca/thejspot

Apparently New York-based relationship expert Jay Cataldo is on a mission to single-handedly end Valentine's Day.

"This wretched day of massive expectation and zero appreciation needs to be destroyed," he states in the press release announcing his plot to destroy this "disgraceful holiday."

Cataldo doesn't explain exactly how he plans to off Valentine's Day — take Cupid out with his own bow and arrow? Lobby for a ban on scratchy lace? — but his cynicism about what is increasingly referred to as the "Hallmark Holiday" is becoming all

too common.

Sure, I understand the "I'm single and thanks for reminding me how loveless my life is" resentment and the "God, please don't let me fail the test of proving I love you because I bought you lousy carnations instead of roses" pressure.

And yes, I agree that it's a bit of a goofy, made-up holiday designed mostly to keep the consumer wheel turning.

I've received hundreds of emails from companies reaching to come up with a Valentine's Day angle to pitch their product.

How about a free strawberry recipe iPhone app courtesy of the California Strawberry Commission? Hey, strawberries are red.

I'm not saying you have to fall for some idealized, unrealistic notion that your love can be neatly ex-

pressed once a year with a heart-shaped box of candy or a strawberry recipe iPhone app.

But "gathering a large amount of sympathetic malcontents together and declaring Feb. 14 as a Day of Hate," as one anti-VD internet campaign encouraged people to do, is a bit of a cop-out.

This year, instead of spending all that energy resenting the unrealistic romantic ideals shoved down your throats by the greeting card and candy companies, use the day to stop and appreciate the love in your life.

The other day my brother — who is single by the way — said that if they cancel Valentine's Day, they might as well cancel Christmas.

And, as with Christmas, you can choose whether or not to get caught up in the commercialism.

For me, Christmas is less about shopping and more an opportunity to spend time with friends and loved ones — to eat, drink and be merry.

Similarly, Valentine's

Day is an opportunity to stop, take a good look at your honey, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and say, "Hey, you're really special to me and I'm glad you're in my life."

And, if you're single, take the same opportunity to get together with friends, take a good look at them, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and tell them, "Hey, you're really special to me and I'm glad you're in my life."

Happy Valentine's Day.

Unique Gift Ideas for Valentine's Day

• If you'd like to do something special for your sweetie, I've included some unique Valentine's Day gift ideas in my Sexcetera blog at metronews.ca

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

ADVERTISING FEATURE

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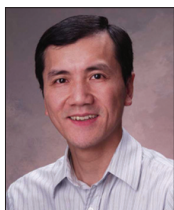
FEBRUARY IS HEART MONTH: LET YOUR DENTIST HELP TAKE CARE OF YOUR HEART

Looking after our health is something that should be a top priority no matter what month it is. However, this month is heart month, a time to truly be aware of that vital organ in our bodies that makes sure we stay as healthy as possible for as long as possible.

Most of us probably heard the news in January how we are heading to a "Perfect Storm" with more and more young people at risk for serious heart conditions. It is startling to think that our lifestyles have led us to the point where young adults in their thirties and even twenties can be at risk for heart disease.

No doubt many people found this news to be shocking. However, we believe that one must look at the silver lining within it. If our modern lifestyles have driven us to this point, the fact is that the risk of developing serious heart disease can be significantly reduced by making simple changes to those lifestyles.

Eating naturally tastier and more fulfilling whole foods, leaving the computer games behind and going for a walk are two simple ways to improve your heart health. Another simple way is to invest the extra five minutes a day you may need to simply take care of



Dr. David Lui
Dental Surgeon

your oral health!

That is right! Brushing at least twice a day and flossing at least once, combined with regular visits to your dentist, may be a key component of the ticket to better heart health for many of you!

Before you scratch your head wondering how good oral health care can reduce your risk of heart disease, you should be aware that the American Association of Retired Persons included good oral health care on its list of best practices to take care of the hearts of its members.

The reason was simple. No system of the human body works in isolation.

Rather, they are all connected. Various infections can be detrimental to the condition of our hearts. And one of the easiest access points those infections can have to penetrate the body is through the mouth.

Indeed, your mouth acts as a filter to keep out so many irritants that could be dangerous for our health. But just like the filter on your furnace, it works best when it is properly cleaned.

A mouth that is not properly cleaned is a breeding ground for bacteria and infection that can travel throughout the body, including to the heart. If plaque is allowed to build up on the gum line, the bacteria that will grow there may not limit its damage to the teeth, gums and jaw.

So this month, as we focus on ways we can head off that "Perfect Storm", remind yourself that every step you take to improve your heart health might add not only years to your life, but add to the quality of those years too! Exercise more! Eat better! And take better care of your oral health...because good oral health is a healthy habit...and healthy habits lead to healthy lives.

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ADVERTISING FEATURE

SKATE, SKI, SLED AND MOISTURIZE!

TIPS FOR PROTECTING YOUR SKIN WHILE ENJOYING THE GREAT OUTDOORS

February is one of the coldest months of the year but that doesn't mean we need to hibernate. It's a time to get outside and celebrate one of the best things about living in Canada – winter activities. Everyone is feeling the urge to lace up the skates, snap on those skis or go tobogganing with the kids.

It's important to remember that winter activities mean winter skin – cold, dry and flaky. Dry skin can appear anywhere on the body, but the most common areas tend to be lower legs, arms, hands, elbows, back, knees and abdomen. In such cases skin can feel tightened or itchy.

Another factor to consider is the sun. Sure we might ignore it when the barometer is less than zero but exposed, unprotected skin is still vulnerable to damage from the sun's ultraviolet rays. Facial sunburns are just as likely to occur on the ski slopes as they are during a blazing hot day at the beach.

One of the great things about outdoor winter activities is the fitness benefits they provide at a time when it's tempting to stay on the couch. Whether we're walking up a hill or shoveling snow from the driveway, we tend to work up quite a sweat under all those layers of warm clothing. This perspiration can result in loss of body fluids and moisture which can lead to dry, chapped skin.

TAKE ACTION AGAINST DRY WINTER SKIN

Don't let the prospect of winter skin force you to retreat indoors. Give your skin the treatment it deserves with **Olay Quench Advanced Relief Body Lotion**. Specifically formulated to help strengthen skin's moisture barrier over time, Olay Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture

Winter activities
mean winter
skin – cold, dry
and flaky

for as long as five days after use. Formulated with ingredients that help combat dryness, including, VitaNiacin and Vitamin E, Olay Quench Advanced Relief is non-greasy and fragrance-free.

Skin care tips for winter activity enthusiasts

Are you engaged in activities that keep you outside and exposed to the elements? Don't let dry, flaky skin become a hindrance. Here are some tips to help 'winter-proof' your skin.

1. USE A MOISTURIZER ON AREAS SUSCEPTIBLE TO DRY SKIN

The most common areas for dry skin include the legs, arms, hands, elbows, back, knees and abdomen. Cold, freezing air can dry out skin, even if you spend much of your time in the ski chalet drinking coco. Use an intense body lotion such as Olay Quench Advanced Relief to replenish any lost moisture.

2. LOWER INDOOR HEAT

While there's nothing like a hot shower or furnace to warm you up after a skating session, it's important to note that indoor heat has drying effects, so make sure you don't overdo it and consider using a humidifier at night which adds moisture to the air. Avoid harsh soaps when you shower and use a body lotion such as Quench Advanced Relief Body Lotion after you shower to lock in moisture.

3. KEEP HYDRATED

If you sweat on the slopes or elsewhere during winter, drink lots of water to avoid dehydration and dry skin.

4. PROTECT EXPOSED SKIN

Just because the temperature's cold, it doesn't mean that you won't get burned. Use a sunscreen with an SPF of 30 or higher, especially when in the snow. Sunscreen can help prevent wrinkles and other types of damage.

5. COVER YOUR LIPS

Lips are the first to dry out. A lip treatment with SPF protection will help keep your lips from drying and/or chapping.

OLAY®

Levi Johnston's long-awaited Playgirl cover has finally been released, and the caribou hunter-turned-aspiring model/actor does live up to his promise and appear nude, but with one notable exception: He covers himself below the waist. **PEOPLE.COM**

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Wedding bells

Sacha Baron Cohen and Isla Fisher are seemingly set to marry this month. The couple have reportedly sent out party invites asking guests to keep Feb. 26 free. **FEMALEFIRST.CO.UK**



Music heals a broken heart

ROB MCMAHON
for Metro Canada

Contented Valentine's Day lovers get their roses and their chocolates. For everyone else, here are five musical picks to avoid. One Sunday, turn off these tunes — well, aside from one set that's a reminder of Spring sunshine.

The Rolling Stones: Just My Imagination from Some Girls (1978) The perfect song for one's first Valentine's Day as a single. This track, the Stones' update of a piece by the Temptations, mirrors that joyful experience's transitional blend of disbelief, distrust and disaffection. Mick Jagger's daydreams

of the girls of New York soon crumble against the weight of his own logic, pushed by Keith Richards' stuttering, flanged melody. Who knew a guitar could so effectively unbalance hope?

The Sound of the Smiths (2008) This two-and-a-half hour grab-bag of pain — of failed nightclub pickups, imploding relationships and soul-searching — is perfectly embodied in Morrissey's epically hollow delivery. There are no better lyrics to absorb while sitting alone in a dark, one-bedroom apartment and eating boxes of chocolate. Key moments: The (emphatically) celibate crooner's classics Hand in Glove, Heaven Knows I'm Miserable Now

and How Soon is Now.

The Magnetic Fields: Mr. Mistletoe from Distortion (2008) Christmas is over, and you're still alone. What better way to rekindle the feeling of drifting through the snowy streets, dulled by red, white and green lights and the stings of laughter from happy couples than this gem. Buried deep under a gloomy hazy of shoegaze distortion, holiday chimes twinkle and Stephen Merritt's baritone sighs: "Mistletoe is hanging everywhere, but you no longer care".

Sky: She's Some Kinda Wonderful from Piece of Paradise (1999) The spring is coming, the flowers are blooming, and young lovers stroll. You've just

eaten a Philly cheesesteak, and processed orange gunk is sitting heavy in your gut. Then a car breezes by, a red convertible. A flash of two bobbing blonde heads, singing a hook in unison: "She's some kinda wonderful, she makes a mean steak and she's an eye-ful." You run to the nearest shrubbery and unload.

The Format: Dog Problems (2006) OK, time to haul those empty pizza boxes and ice cream pails to the garbage and plug the phone back in. Spring is here, and it's getting boring. Throw on this brilliant indie-pop concept album for a smart, sincere journey from relationship gutter to stars. Heartbreak and sarcasm — and stories

of how dogs can scuttle relationships — have never sounded so damn upbeat.



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Cyrus auction

Miley Cyrus is organizing an all-star online auction to help raise money for the Haiti relief effort, according to People. "Ever since the earthquake, I've been trying to do my part to help the people of Haiti — and I wanted to do more," Cyrus said. **TVGUIDE.COM**

Dance pop blueprint

Yeasayer surprises many by embracing new sound

CAM LINDSAY
for Metro Canada

If you're listening to the new album by Brooklyn's Yeasayer, and you're second guessing that it's actually them, you're not alone.

"We did an interview with Jon Pareles from the New York Times and he said that when he heard The Children he had to make sure he'd burned the CD right," says multi-instrumentalist Anand Wilder.

Following the relative success the indie band found with the feathery, acoustic jams on their 2007 debut All Hour Cymbals, Wilder and his bandmates found themselves surrounded by a massive collection of synths in the studio they rented to record the followup. From there, they just improvised.

"The first time around we established this — whether we intended it or not — hippie campfire vibe, this oneness with nature," Wilder explains. "With this one we wanted to push this oneness with machines ... Like what would happen if aliens were picking radio signals from earth for the last hundred years and had to recreate pop music for a museum exhibit?"

It's an unorthodox question but also a fairly accurate description of their appropriately titled second album, Odd Blood. The trio used a blueprint based on dance music's gurgling synths, mechanical polyrhythms and bountiful hooks, leaving the organic feel of their first album behind them.

"I think we were trying to make the whole album full of bangers," Wilder admits. "I don't know if we succeeded, but there was

this idea to have an album that's all amazing dance songs. Where if a DJ was spinning and you were like, 'Oh my god, who is this?' And he said, 'It's the same album!' We wanted to make songs that would get people dancing."

Sticking with dance music culture's relationship with vinyl records, Yeasayer also designed the album to be experienced in two halves. Wilder says the approach was to give the lis-

tener options.

"We put these more conventional pop songs towards the beginning of the album so they would butt up against each other; they're all very epic and distinct sounding," he says. "And then the second side opens with this long, unbearable intro and then you're into these short, quick, weird songs."



Odd Blood is the new album from Brooklyn's Yeasayer.

Yeasayer's new album Odd Blood is out today

"I like the idea that you play the first side and you really love all the pop hits, but then you start to get tired of

them and you flip it over and you're like, 'Wait a second, this side's a lot more interesting. I like this way more.'"

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Former beauty queen Carrie Prejean is getting married. The ex-Miss California USA and pro football QB Kyle Boller got engaged on Saturday in Prejean's hometown of San Diego, eonline.com has learned. **METRO NEWS SERVICES**

NFB showcases 3-D films online

Free glasses available for web views

CHRIS ALEXANDER
for Metro Canada



With James Cameron's state-of-the-art immersive epic Avatar endlessly burning up the box office, it seems that 3-D fever is going to be around for a spell.

The gloriously gimmicky art of creating dimensional depth from an otherwise flat screen has been with cinema since the early part of the century and has enjoyed two previous feature film renaissances, the first kick started by Arch Oboler's *Bwana Devil* in the 1950's, the second with such split stereoscopic fare as *Jaws 3-D* and *Comin' at Ya* in the early '80s.

Now, even the National Film Board of Canada is jumping on the bandwagon. Currently, the Canadian cinema institution is streaming a host of short, strange, eccentric home-grown works off their website that, with the aid of spe-

cial decoding glasses, creep right off your computer screen and into your lap.

"The NFB has been experimenting with 3-D animation throughout its 70-year history," says Deborah Drisdell, NFB's director general, accessibility and digital enterprises.

"First there were two Genie-

Using the far less sophisticated red and blue "anaglyph" technology (as opposed to the digital polarized system used in theatres to make *Avatar* literally come to life) to illustrate their illusions,



Facing Champlain is one of the 3-D films available on nfb.ca.

Falling in Love Again, complete

er; Drux Flux, an abstract piece of eerie surrealism whose



winning films by

Norman McLaren in 1951 and then the world's first 3-D IMAX film in 1986. These latest experiments are to test the user experience of 3-D technologies on computers and handheld devices. The response has been remarkable."

some of the 3-D films the NFB is offering include the animated romance

with rearing cars and floating clouds thrust at the view-

strange, steam-punk illustrations look fantastic in any dimension and Facing

Champlain, a gorgeous, impressionist experiment in depth shown in two parts, both exploiting the sensorial impact of 3-D to maximum effect.

Jackson's doctor charged

LEGAL Michael Jackson's doctor was charged yesterday with involuntary manslaughter, capping an exhaustive investigation into the pop star's stunning death last summer and setting up the prospect of another sensational celebrity courtroom drama.

Dr. Conrad Murray, a cardiologist who was with Jackson when he died June 25 at his rented Los Angeles mansion, is accused of the single felony count in a five-page complaint filed in Superior Court. According to the complaint, Murray "did unlawfully, and without malice, kill Michael Joseph Jackson" by acting "without the caution and circumspection required."

The complaint contains no details on Jackson's death but authorities have said the singer died after Murray administered a powerful general anesthetic and other drugs to help Jackson rest. Murray has said he did nothing that should have caused Jackson to die.

If convicted, he faces up to four years in prison.

Soon after the charge was filed, several members of Jackson's family, including his mother and father; his brothers Jermaine, Randy, and Tito Jackson; and his sister LaToya Jackson arrived at the courthouse adjacent to Los Angeles International Airport.

"Looking for justice," was all Jackson's father, Joe Jackson, said as he walked past a crowd of reporters and into the courthouse.

The charge was expected, and Murray's attorney, Ed Chernoff, said his client planned to surrender to authorities later Monday.

"We'll make bail, we'll plead not guilty and we'll fight like hell," Chernoff said before the charge was filed.

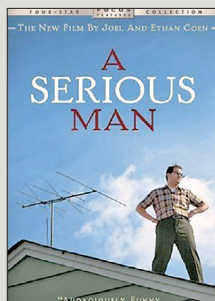
Jackson, 50, hired Murray to be his personal physician as he prepared for a strenuous series of comeback concerts in London. Officials say the singer died after Murray administered the powerful general anesthetic propofol and two other sedatives to get the chronic insomniac to sleep.

THE ASSOCIATED PRESS

Way to 3-D

To view the films, you'll need special colour-coded glasses which will be sent to your home completely free of charge. Log on to nfb.ca/3D for more details about the films and the 3-D process.

DVD picks



A Serious Man

Directors: Joel Coen, Ethan Coen

SURE TO BEFUDDLE casual Coen Brothers fans even as it delights the faithful, *A Serious Man* is a wicked turn into existential absurdity after the straight screwball

antics of *Burn After Reading*.

Set in a 1967 of banal bungalows and sublimated desires, it's suburban Midwestern hell as viewed through the travails of physics professor Larry Gopnik (Michael Stuhlbarg), whose life is vexed by an estranged spouse, snotty kids and a conniving student.

Resolutely paced, impeccably staged and lensed, it's comedy for people who can laugh at poetic car wrecks, obtuse rabbis, mysterious dental messages and an endlessly drained cyst.

Such people would be Coen fans. But even they might pain their puzzlers over the mystical and violent prologue, set in olden

days and introduced with a proverb about accepting fate, which has nothing to do with Gopnik's bumper Summer of Love. Or does it? One thing is entirely clear.

A Serious Man is primo Coens, but it's also something of a private club. If you don't already get these guys, the doors of enlightenment aren't going to suddenly swing open for you now. It may not add up, but it's a living.

Extras include three featurettes: Becoming Serious. Creating 1967 and Hebrew and Yiddish for Goys.

The Time Traveler's Wife

Director: Robert Schwentke
A FILM THAT belongs to



the realm of romantic fiction where hoochie-coochie meets hocus-pocus.

Eric Bana is Henry, a Chicagoan we meet at age six as he's being magically transported away from a fateful car accident. As

young Henry shivers on the snowy roadside, he's consoled by an older version of himself.

Henry's love interest is Clare (Rachel McAdams) whom he meets as a young girl. Before you can say "chrono displacement," the two have fallen in love.

Bana's and McAdams' performances rise above the shaky material and the film is gorgeous to look at. If you can get past the calendar gymnastics, *The Time Traveler's Wife* works as affecting allegory of love that persists even when the lover is gone — really gone.

Extras include the featurette *Time Traveler's Wife: Love Beyond Words*.

Peter Howell/for Metro Canada

His name is up in lights

Friday Night Lights MVP Zach Gilford has joined the cast of ABC's hour-long drama pilot Matadors, sources said. The prospective series revolves around two rival Chicago-based families. EW.COM

Pretender not faking it on new disc

MUSIC Chrissie Hynde is one busy woman these days.

The lead singer of the Pretenders has finished recording an album with Welsh singer-songwriter J.P. Jones and has just contributed to a Haitian relief song featuring the likes of Nick Cave, ex-Clash guitarist Mick Jones, former Sex Pistol Glen Matlock and Pogues frontman Shane MacGowan.

"Yeah, it was a regular beauty contest," Hynde said deadpanning.

Next up, she hopes, are a batch of songs that can form the basis of another Pretenders album.

50-50

Hynde, meanwhile, used words like "awesome" to describe her collaboration with J.P. Jones, which she said was the first time she has worked 50-50 with someone in terms of songwriting.

"I would like to think this will actually speed up my songwriting process," Hynde says. "Usually, I spend a lot of goof-off time. I call it my gestation time — but really, pot-smoking time is what it is."

The perfect scenario for the 58-year-old Hynde would then see her call her bandmates by the end of the year to get going on what will be the group's first release since Break Up the Concrete in 2008.

Fans of the 30-year-old band who can't wait that long can satisfy themselves by heading to their favourite record store today to buy Live in London — music and video from a riveting concert the Pretenders put on at the Shepherd's Bush Empire in London last July.

The CD-DVD was put together by brothers Pierre and Francois Lamoureux, natives of Sudbury, Ont., who have produced other concert films.

Hynde and the rest of the band — including original drummer Martin Chambers — are at the top of their game in an incredibly tight concert.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

Modernizing TV family sitcoms

ABC's newest comedy bringing a touch of reality to Wednesday nights

A young man arrived at Ty Burrell's hotel room to stock the minibar and immediately recognized the co-star of the ABC comedy Modern Family.

He loved the show. Thanks, Burrell replied. The man went on to quietly describe how his family gathered each week to watch Modern Family together, and because of those group viewings, he was getting to know his younger siblings better.

"I know we're not curing cancer," said Burrell, who portrays the earnest goofball dad Phil Dunphy, "but it feels nice to see people affected by the show."

Modern Family is the most critically acclaimed and popular new comedy of the TV season, the centerpiece of ABC's Wednesday lineup and already renewed for a second season.

Not only does it fulfil a comedy's central mission — provide genuine laughs — it nudges preconceptions and isn't afraid to show some heart amid a sea of snark and irony on television.



Modern Family airs on ABC's Wednesday night lineup.

While deciding to make a family comedy is one thing, avoiding clichés is another thing entirely. The producers' success at this is revealed each week as more layers are peeled back on the characters.

"I know we're not curing cancer, but it feels nice to see people affected by the show."

Ty Burrell on the hit show Modern Family

More than just layers of development were on display one recent evening when Modern Family commandeered a Los Angeles hotel lobby to shoot some scenes.

Hoots and hollers from crew members alerted those whose heads were turned the wrong way that they had missed actress Julie Bowen streaking across a room clad only in a bodysuit.

Bowen, who portrays Claire Dunphy, was about to film a scene in which she's supposed to be naked underneath a trench coat.

You'll just have to watch the episode that airs Wednesday at 9 p.m. EST to find out why.

THE ASSOCIATED PRESS

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	208 303 8	CBC Wheel Fortune	Jeopardy! (N)	Rick Mercer	Kids in Hall	CBC News: The National				
	- 360 9	NBC Wheel Fortune	Jeopardy! (N)	The Biggest Loser Olympic training facility (N)	The Jay Leno Show (N)	News				
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	216 395 14	OMN2 Family Guy	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Cold Case				
	214 344 15	CITY Law & Order: Special Victims	The Biggest Loser Olympic training facility (N)	Omni News: Italian Edition (N)	Vivere V	Murdoch Mysteries (HDTV)				
	115 343 16	CFMT Two Half Men	The Office	Omni News: Italian Edition (N)	Vivere V	Law & Order: Criminal Intent				
	218 345 18	CHCH Driving Lessons (2006, Comedy-Drama) Laura Linney	Lost "LA X (Part 2)"	La Promesse (HDTV) (N) (SC)	Pratique privée (SC)	Guerre clans	L'Attaque à 5 (N)			
	- 361 20	ABC Action News	Entertainment	Heure polit.	L'Heure politique	Tête-à-tête	Dossier public			
	512 396 24	CPAC (4) Dossier public (SC)	Little House on the Prairie	Dr. Quinn, Medicine Woman	100 Huntley Street	Life Today	This Is Day			
	561 355 25	CTS Little House on the Prairie	Dr. Quinn, Medicine Woman	American Idol (HDTV) (N)	Past Life "Pilot" (N)	FOX 2 News (N)	News			
	- 365 36	FOX TMZ (N)	Seinfeld	NOVA (N)	Frontline (N) (DVS)	Independent Lens "P-Star Rising" (N)				
	- - 64	PBS Business Rpt.	Help Wanted	American Idol (HDTV) (N)	Lost "What Kate Does"	Law & Order	CTV News			
	205 312 104	CTV etalk	Access H.	American Idol (HDTV) (N)	CBC News: The National	CBC News: the fifth estate	National			
	500 500 33	CNN Situation Room-Wolf Blitzer	Campbell Brown (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Prime Time				
	406 417 27	net Overtime	NHL Hockey Calgary Flames at Ottawa Senators. (HDTV) (Live)	Le Téléjournal (SC)	RDI économie	Le National	Le Téléjournal			
	126 730 38	RDI 24 Heures en 60 minutes (SC)	Grands reportages (SC)	NHL Hockey Detroit Red Wings at St. Louis Blues. (HDTV) (Live)	Score Today	Score Now				
	400 280 30	TSN That's Hockey!	Interruption	NHL Hockey Detroit Red Wings at St. Louis Blues. (HDTV) (Live)	Score Today	Score Now				
	410 403 52	SCR Caddy Unlimit	Score Today	Court Surfing NBA news, scores and highlights.	Destination Truth	Operate-Repo	Operate-Repo	Ghost Hunters International	Destin. Truth	
	417 406 59	OLN Ghost Hunters	Destination Truth	Countdown to Daytona (HDTV)	Countdown to Daytona (HDTV)	Countdown to Daytona (HDTV)	Countdown to Daytona (HDTV)	Countdown to Daytona (HDTV)	Countdown to Daytona (HDTV)	
	554 544 48	TEL Scooby-Doo	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken	
	557 540 51	FAM Sonny Chance	Suite Life	Overruled!	Han, Montana	Wizard's-Place	Latest Buzz	Ned's School	Cory in House	
	551 542 65	YTV iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	
	570 580 29	NW The Daily Fix	Ranked!	UFC Unleashed	UFC Unleashed	Psych Kids: Paranormal	Paranormal	Paranormal	Paranormal	
	615 520 31	A&E Criminal Minds (HDTV)	Criminal Minds (HDTV)	UFC Unleashed	UFC Unleashed	Psych Kids: Paranormal	Paranormal	Paranormal	Paranormal	
	628 584 32	SPKE UFC Unleashed	UFC Unleashed	UFC Unleashed	UFC Unleashed	Psych Kids: Paranormal	Paranormal	Paranormal	Paranormal	
	521 560 34	TLC Little Couple	Little Couple	Cake Boss	Cake Boss	19 Kids-Count	19 Kids-Count	Little Couple	Little Couple	
	145 761 35	TV5 Zoon animal	Découvrir le monde	Paritir autrement	Paritir autrement	Paritir autrement	Paritir autrement	Paritir autrement	Paritir autrement	
	616 521 39	BVO Relic Hunter	A Sister's Secret (2009, Suspense) Alexandra Paul	Drop Dead Diva	Drop Dead Diva	Drop Dead Diva	Drop Dead Diva	Drop Dead Diva	Drop Dead Diva	
	620 523 40	SHO Montreal Jazz Festival	Live at the Rehearsal Hall	Rita MacNeil	Opera Under the Stars	Opera Under the Stars	Opera Under the Stars	Opera Under the Stars	Opera Under the Stars	
	520 505 42	DIS Daily Planet (N)	How It's Made	How It's Made	Destroyed	Destroyed	Destroyed	Destroyed	Destroyed	
	575 583 43	CMT Amer. Funniest Home Videos	Reba	Reba	Accordim/Jim	Accordim/Jim	Accordim/Jim	Accordim/Jim	Accordim/Jim	
	601 562 45	SLC Rich Bride Poor Bride	Party Mamas	Party Mamas	Party Mamas	Party Mamas	Party Mamas	Party Mamas	Party Mamas	
	625 548 46	COM Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	
	594 529 47	TBS Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims	Law & Order: Special Victims	Law & Order: Special Victims	Law & Order: Special Victims	
	600 564 49	H&G House Hunters	Property Virgin	Million Dollar Listing (N)	Million Dollar Listing (N)	Bang, Buck	Genevieve	House Hunters	House Hunters	
	627 528 50	SPC Stargate Atlantis (DVS)	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Medium (HDTV) (N)	Medium (HDTV) (N)	Medium (HDTV) (N)	Medium (HDTV) (N)	
	581 566 53	MTV Canada's Next Top Model	Canada's Next Top Model	Rescue Ink	Rescue Ink	Life of Ryan	Teen Mom (N)	Teen Mom (N)	Teen Mom (N)	
	618 524 54	TROP Parking Wars	Parking Wars	Rescue Ink	Rescue Ink	Life of Ryan	Teen Mom (N)	Teen Mom (N)	Teen Mom (N)	
	522 506 55	HS Ancient Discoveries	Cities of the Underworld	Cities of the Underworld	Cities of the Underworld	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	
	129 773 60	CH Biographies "Daniel Pilon"	Ondes de choc	Ondes de choc	Ondes de choc	Imagines-chocs "Trouble-fêtes"	Gangland "Race Wars" (SC)	Gangland "Race Wars" (SC)	Gangland "Race Wars" (SC)	
	261 394 61	W Murder, She Wrote	Hallelujah!	When I Laugh	When I Laugh	Quantum Leap (Part 1 of 3)	Unscripted	Crazy for Love	Poitegeist	
	602 567 62	V Supernanny	Shopping Bags	Grocery Bag	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked	Beauty Call	
	269 350 70	APLN Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Blackfly	Moose TV	Rez Rides	Arbor Live	
	621 527 71	TKTX Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	The Ellen DeGeneres Show (N)	The View (HDTV) (N)	The Dr. Oz Show (N)	The Dr. Oz Show (N)	TMZ	
	603 561 95	FN Ricardo	Exotic	Dinner: Impossible	Dinner: Impossible	Hell's Kitchen (N)	Good Eats	Good Eats	Restaurant	

critics'corner

Style by Jury

Meet Tammy, a single mother who's struggled with a bad marriage, substance abuse and other challenges. She's been clean for eight years now, but she still needs a lot of work on her look if she's going to make a good first impression. It's one of the biggest challenges yet for host Bruce Turner and the rest of the makeover team. 9:30 PM on 62 V



The Biggest Loser

The contestants head to Colorado to train at an Olympic training facility, where they are welcomed by paralympic athlete Allison Jones and learn the game is going from teams to singles. Olympic skiers Julia Mancuso and Jeret "Speedy" Peterson help train the contestants. 8 PM on 15 CITY 9 NBC

The Good Wife

As Alicia defends a husband accused of murdering a baby sitter, she and her family prepare for the outcome of Peter's appeal and his potential homecoming in the new episode "Hi." 10 PM on 13 CBS 3 GTV



Eleven weeks after her spate of plastic surgery operations, Heidi Montag admits that the healing process isn't going so well. "I'm very fragile. I'm not in a great place right now," she tells People magazine. **METRO WORLD NEWS**

Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's



Three Talk

with Lainey Lui

KRISTEN STEWART. Kristen Stewart is most famous for playing the mooning angst-lovesick girl in love with a vampire in *The Twilight Saga*. Her romance with co-star Robert Pattinson has become an obsession among *Tw*-hards the world over. Stewart however is a Hollywood veteran

with an impressive pre-*Twilight* resumé that in-



cludes films with Jodi Foster and Robert DeNiro. Plus she's set to star in two more films in the *Twilight* series. Here are three things you might not know about Kristen Stewart:

ONE Her favourite book is John Steinbeck's *East of Eden*. Her dream is to play Kate, a woman who abandons her children to run a brothel.

TWO Stewart and Joan Jett are very good friends. Jett has said herself that Stewart's portrayal of her in the upcoming biopic *The Runaways* is impressively uncanny.

THREE Stewart landed the role of Bella in *Twilight* on the recommendation of fellow actor Emile Hirsch with whom she worked in Sean Penn's adaptation of *Into the Wild*.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.



Gaga 'saved' by aunt's spirit

ELECTRO-ANGEL Lady Gaga was saved from cocaine addiction by the spirit of her dead aunt, female-first.co.uk reports. The eccentric star has revealed her life spiralled into a world of heavy drug use in a bid to replicate the lifestyles of her musical idols.

The singer would lock herself in her bedroom and snort "bags and bags" of cocaine for songwriting inspiration when she was starting out, but realized

she was jeopardizing her life when she recalled her aunt Joanne, who died at 19.

Gaga — real name Stefani Joanne Angelina Germanotta — said: "I thought I was going to die. I wanted to be the artists I loved, like Mick Jagger and Andy Warhol, and I thought the only way to do it was to live the lifestyle. My cocaine soundtrack was always *The Cure*.

I would lock myself in

my room and listen to *Never Enough* on repeat while I did bags and bags of cocaine.

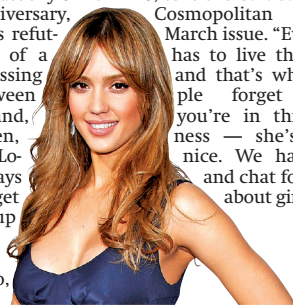
"But then I realized my father's sister Joanne ... had instilled her spirit in me. She was a painter and a poet — and I had a spiritual vision I had to finish her business."

METRO NEWS SERVICES



Alba and Lohan BFFs?

THEIR CONVERSATIONS PROBABLY SOUND SOMETHING LIKE BEAKER AND BUNSEN FROM THE MUPPETS Just shy of her two-year anniversary, Jessica Alba is refuting rumours of a November kissing incident between her husband, Cash Warren, and Lindsay Lohan — and says she doesn't get as worked up about such tabloid "lies" as she used to.



people.com reports. "Lindsay's had to deal with this for so long," Alba, 28, tells the U.K. edition of *Cosmopolitan* for its March issue. "Everyone has to live their life, and that's what people forget when you're in this business — she's really nice. We hang out and chat for hours about girl stuff."

METRO NEWS SERVICES

'Lots of sex' in new Pattinson movie

AND I'M 100 PER CENT SURE THE PRODUCERS DIDN'T ASK HIM TO DISCUSS THIS AT ALL. NOPE. NOT EVEN ONCE. Robert Pattinson was nervous about his sex scenes with Uma Thurman in new movie *Bel Ami*, female-first.co.uk reports.

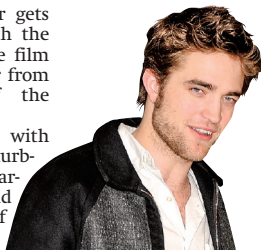
The *Twilight* actor gets hot and steamy with the screen beauty in the film but insists it was far from erotic because of the movie's plot.

"The sex scenes with Uma are kind of disturbing," he said. "Her character Madeleine kind of uses sex as a sort of

weapon and my character thinks like an animal.

"There are a lot of sex scenes in this film, so I'm asking quite a lot of myself, and with lots of different people as well."

METRO WORLD NEWS



Kardashian reacts to Saints' Superbowl win

NOW WE CAN ADD FOOTBALL ANALYSIS TO HER IMPRESSIVE LIST OF NON-TALENTS It turned out to be one Super Sunday for Kim Kardashian and her Super Bowl-winning beau Reggie Bush, of the victorious New Orleans Saints, people.com reports.

"I am so proud of Reggie and the Saints," an overjoyed Kardashian told *People*. "New Orleans deserves this —

it's such a huge accomplishment."

Kardashian made the Miami trip a family affair, bringing along mom Kris Jenner and brother Robert. The Saints' stunning 31-17 win over the Indianapolis Colts was the perfect ending to a long road that Kardashian witnessed firsthand. "Reggie has waited his whole life for this moment. It came and they conquered."

METRO WORLD NEWS



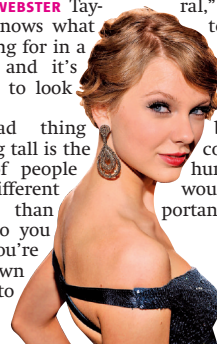
Swift 'too tall' to date most guys

SEE? SHE'S EVEN MAKING POOR EDWARD OVER THERE LOOK LIKE WEBSTER Taylor Swift knows what she's looking for in a boyfriend, and it's not having to look down.

"The bad thing about being tall is the majority of people are at a different eye level than you, and so you feel like you're looking down to talk to people,

which is kind of unnatural," the 5'11" singer tells *OK! Magazine*. But being shorter than her isn't a deal-breaker, she insists. "Somebody who has a compatible sense of humor with me, that would be the most important thing," Swift says.

METRO WORLD NEWS

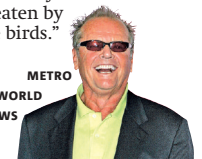


Jack's got his burial plotted out

WHY STOP THERE, JACK? I HEAR THERE'S A VACANCY ON MT. RUSHMORE Jack Nicholson isn't planning on kicking the bucket anytime soon, but he's already thinking about what he wants to happen to his body once he does.

"I've had several ideas. Once I thought it would be nice to be buried under a large statue that is at least ten meters high," Nicholson tells *Germany's Tele 5*. "Then I liked the nature of the Indians who haul their bodies up into the trees so that they are eaten by the birds."

METRO WORLD NEWS



CelebTweets

SEAN "DIDDY" COMBS is tired, **LINDSAY LOHAN** is debunking tabloid reports, **AMANDA BYNES** is trying not to alienate anyone, and **LILY ALLEN** returns to Twitter. @iamdiddy I haven't slept in 78 hrs. I'm going sleep now @lindsaylohan I've never asked for a jet. With a bed on board to go to vienna hahahahahah @amandabynes oh dear. now certain people are mad that i said i like chocolate versus vanilla. Vanilla's cool! Don't trip! I'm just really into chocolate @lilyroesallen hello, I'm back.

METRO WORLD NEWS



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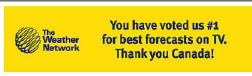
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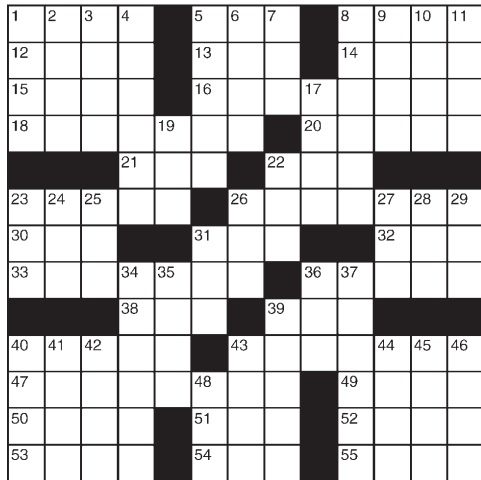
EST. 1896





For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

- 1 Annoys
- 5 Possess
- 8 Engrossed
- 12 Minimal change
- 13 Actor McBride
- 14 Shrek is one
- 15 Bloodhound's clue
- 16 Rowing team's commander
- 18 Harmful
- 20 Contract's conditions
- 21 Christmas tree, often
- 22 Thesaurus wd.
- 23 Judge's prop
- 26 Steve Martin's take on the Cynano story
- 30 Praise in verse
- 31 Whatever number
- 32 Scull tool
- 33 Blood poisoning
- 36 Fencing move
- 38 Disencumber
- 39 Corral

- 40 Polygon calculations
- 43 Bill Amend's comic strip
- 47 Sports-page summary
- 49 — tat-tat
- 50 Actress Falco
- 51 Owns
- 52 "Do — others ..."
- 53 Reply to "Shall we?"
- 54 Pigs' digs
- 55 Hollywood clashers

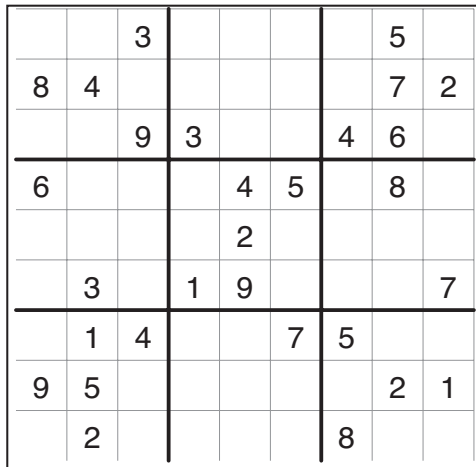
DOWN

- 1 PC picture
- 2 Start over
- 3 Kentucky fort
- 4 Discard
- 5 Happen
- 6 "Knock, knock, — there?"
- 7 Put the kibosh on
- 8 Ivanhoe's love
- 9 Culture medium
- 10 Stiffly neat
- 11 Sawbucks
- 17 Charon's river
- 19 Lubricate
- 22 Sauce source
- 23 Obtained
- 24 Commotion
- 25 Irritate
- 26 Genetic messenger
- 27 Opposite of "oui"
- 28 Kvetch
- 29 Before
- 31 Help
- 34 Obliterates
- 35 Catchall abbr.
- 36 Superman foe
- Luthor
- 37 False
- 39 Sentimentalized writings
- 40 First victim
- 41 Took the bus
- 42 Egress
- 43 "Animal House" group
- 44 Pealed
- 45 Director Pre-minger
- 46 New Mexico art colony
- 48 Surprise cries

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

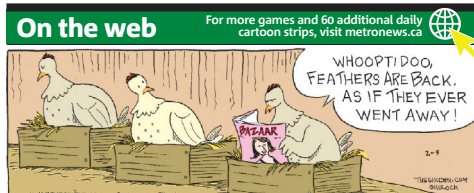
HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	7	5	9	3	1	2	8	6
2	3	8	6	7	5	4	1	9
1	6	9	4	8	2	3	7	5
3	8	2	1	5	4	6	9	7
9	1	7	3	6	8	5	2	4
5	4	6	7	2	9	8	3	1
8	9	1	5	4	3	7	6	2
6	5	3	2	1	7	9	4	8
7	2	4	8	9	6	1	5	3



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You may be low on enthusiasm at the moment but that's okay because this is a time for calm consideration rather than swift action.



TAURUS
APRIL 21-MAY 21
You may not be able to do as you please today but if it forces you to look for cheaper solutions it must be a good thing.



LIBRA
SEPT 23-OCT 23
You are who you are and there is no point trying to be someone different. Each sign has its good points and its bad points.



SCORPIO
OCT 24-NOV 22
Think deeply about what it is you want from life. According to the planets you can gain subtle insights into what the future has in store.



GEMINI
MAY 22-JUNE 21
If one of your more cherished opinions is challenged today, make sure you defend it all the way.



SAGITTARIUS
NOV 23-DEC 21
Don't travel too far from your home base today. You may want to be on the move but it won't be as easy as you think.



CANCER
JUNE 22-JULY 22
What you hear today may sound negative to begin with, but if you think about it a bit you will find yourself agreeing with much of it.



CAPRICORN
DEC 22-JAN 20
You are always concerned about your security and the Sun in Aquarius in recent weeks has heightened the awareness.



LEO
JULY 23-AUG 23
Today's cosmic picture means you will be obliged to defend a point of view from an attack you feel is unjustified.



AQUARIUS
JAN 21-FEB 18
You know what is going to happen next. You have been through similar scenarios to this one many times in the past.



VIRGO
AUG 24-SEPT 22
The one and only thing holding you back is fear, especially fear of the unknown. The way to overcome your fear is to force yourself to confront it.



PISCES
FEB 19-MARCH 20
There may be many explanations to what is going on in your world at the moment, but only one of them rings true.



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CUBA

Santa Clara

Meliá Las Dunas • 4 ★
All-Inclusive • Standard rm.
Mar. 7 • 1 wk.

\$989

*Taxes & other fees
(including service charges): \$212
Departure tax: 25 CUC cash, paid locally

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive • Standard rm.
Feb. 20 • 1 wk.

\$999

*Taxes & other fees
(including service charges): \$270

Gran Bahia Principe Cayacoa • 4 ★

All-Inclusive • Standard rm.
Feb. 20, 21 & 27 • 1 wk.

\$849

*Taxes & other fees
(including service charges): \$315

Barceló Cayo Santa Maria Beach Resort • 4 ★

All-Inclusive • Junior suite
Mar. 28 & Apr. 4 • 1 wk.

\$1099

*Taxes & other fees
(including service charges): \$212
Departure tax: 25 CUC cash, paid locally

Breezes Bonanza • 3 1/2 ★

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Run of the house
Feb. 20 • 1 wk.

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*Taxes & other fees
(including service charges): \$270

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Norwegian Cruise Line¹

Norwegian Sun
Baltic Capitals Cruise
Flights to London
Interior stateroom, cat. J
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& FREE seat selection²

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*Taxes & other fees
(including service charges): \$315

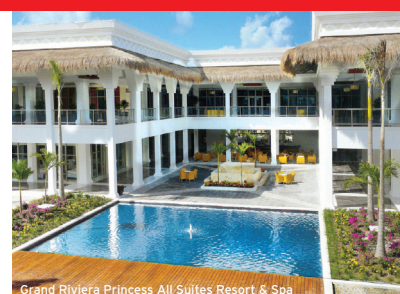
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Grand Riviera Princess All Suites
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*Taxes & other fees
(including service charges): \$286



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